



**Main Street, Cooperstown
Key Bank, Third Floor**

**WINTER SCHEDULE
2011 - 2012**

***1 Hour Thai Yoga Massage \$60.00
75 Minute Thai Yoga Massage \$75.00***



***30 Minute Reiki Session \$30.00
1 Hour Reiki Session \$50.00
90 Minute Thai Yoga Massage with
Reiki Boost \$75.00***



***\$90.00 for 10 class passes
Expires in 3 months
\$12 Walk In***



GIFT CERTIFICATES AVAILABLE

FITTOBETIEDYOGA.COM

Fit To Be Tied Yoga Schedule

**Main Street, Cooperstown
Key Bank, Third Floor
Winter 2011/2012**

Phone: (607)264-8327

Day/Time	Class	Teacher
Tuesday		
9:00 - 10:15 am	Beginner Power	Bonnie
11:00 - 12:15	Gentle Stretch	Bonnie
12:30 - 1:30 pm	Step Aerobics *Call First	Bonnie
4:00 - 5:15 pm	Yoga Flow	Bonnie
5:30 - 6:45 pm	Beginner Power	Bonnie
Wednesday		
8:30 - 9:45 am	Gentle Stretch	Jack
10:00 - 11:15 am	Power Yoga	Jack
4:00 - 5:15 pm	Aerial Yoga	Jack
5:30 - 6:30 pm	Prenatal Yoga	Jack
7:00 - 8:15 pm	Yin Yoga	Jack
Thursday		
4:00 - 5:15 pm	Mixed Styles/Yin	Bonnie/Jack
5:30 - 6:45 pm	Beginner Power	Jack
Friday		
9:00 - 10:15 am	Mixed Styles/Yin	Bonnie/Jack
10:30 - 11:30 am	Aerial Yoga *Call First	Bonnie/Jack
4:00 - 5:15 am	Beginner Power	Bonnie
Saturday		
8:00 - 9:00 am	Tai Chi	Jack
11:30 - 12:45 pm	Beginner Power	Jack
Sunday		
9:00 - 10:15 am	Yin Yoga	Jack
10:30 - 11:30 am	Mediation	Jack

***Call 1st Classes — 24 Hours Ahead**

Call for appointment for other Sunday Classes

*All Aerial classes \$12
Please call for an appointment*

Cranio Sacral Therapy • Reiki & Thai
By Appointment

***Call for Class Cancellations*
607-264-8327**