



Cooperstown Fit To Be Tied Yoga



One Path, Many Teachers

*The deeper you get into yoga,
the more you realize it is a
spiritual practice.*

Spring 2017 Therapies

Thai Massage
1 Hour \$70

Reiki Session
1 Hour \$60

Cranio Sacral
1 Hour \$60

Yoga Personal Training
1 Hour \$20

Reiki/Cranio/Thai
1 Hour \$90

To follow Bonnie's other local classes
see the website at

www.fittobetiedyoga.com

& Facebook at Fit To Be Tied Yoga

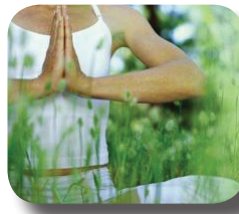
All classes are call first or email.

Must register at least one day in advance
by calling the teacher for you specific class.
See back for teacher contact info.

103 Main Street, Cooperstown

(Key Bank, 3rd Floor)

(607) 282-0275



Fit To Be Tied Yoga

Cooperstown Spring

2017 Winter Schedule

Tuesday

6:00am - 7:00am	Ashtanga	Bonnie
2:45pm - 3:45pm	Aerial - \$15	Bonnie
4:00pm - 5:00pm	Gentle	Bonnie
5:30pm - 6:30pm	Ashtanga	Bonnie

Thursday

6:00am - 7:00am	Ashtanga	Bonnie
2:45pm - 3:45pm	Aerial - \$15	Bonnie
4:00pm - 5:00pm	Gentle	Bonnie
5:30pm - 6:30pm	Ashtanga	Bonnie

Saturday

8:00am - 9:00am	Ashtanga	Bonnie
9:30am - 10:45am	Ashtanga	Bonnie
11:00am - 12:00pm	Gentle	Bonnie
12:15pm - 1:15pm	Aerial - \$15	Bonnie
1:30pm - 2:00pm	Kids Yoga (3 yr to 5 yr)	Vanessa
2:15pm - 2:45pm	Kids Yoga (6 yr to 10 yr)	
3:00pm - 4:00pm	Kids Yoga (10 yr to 14 yr)	

Sunday

8:15am - 9:15am	Ashtanga	Bonnie
9:30am - 10:45am	Ashtanga	Bonnie
11:00am - Noon	Family Aerial Yoga	
	(All ages, Donation)	Vanessa/Bonnie
12:30pm - 1:45pm	Aerial - \$15	Vanessa

Bee Yoga Kid's classes are free to the public.

Donations graciously accepted.

See Schedule for times.

All classes are **pre-register** by contacting
your specific teacher at least a day ahead.

Call/Text/Email to register for each class

Bonnie - 607-282-0275 • Text/call email info@fittobetiedyoga.com

Vanessa 516-662-9616 Text/call email vanessaj612@gmail.com

Yoga Classes - \$10.00

**Donations for class gratefully accepted.*