

Cobleskill Fit To Be Tied Yoga



Fit To Be Tied Yoga

Cobleskill 2023 Winter Schedule

One Path Many Teachers

Spring / Summer 2024

Thai Massage
75 Minutes \$90

Reiki Session
1 Hour \$60

Cranio Sacral
1 Hour \$60

Yoga Personal Training
1 Hour 15min \$75

Prepaid Bundle (Private) \$200 / 4 Classes
Expires in 6 Weeks

Find us on Facebook at Fit To Be Tied Yoga
& at www.fittobetiedyoga.com
or email at bearinmax@gmail.com

for promotions, class descriptions and more **Membership Rate - \$120/10 Classes (expires in 6 weeks)**

578 Main St.
Cobleskill, NY
(607) 282 - 6365

SUNDAY

9am to 10:30am

Ashtanga

MONDAY

3:30 to 4:30pm
Venus

Chair Class with

TUESDAY

By appointment

WEDNESDAY

5:45pm to 7:00pm

Beginner Ashtanga

THURSDAY

6:30pm to 7:30pm
Yoga

Low Flow Aerial

FRIDAY

By appointment

Fees

\$75/Private Session (Walk-in 75 minutes)
\$200/4 Privates (bundle) expires in 6 weeks

We accept

Cashapp/Venmo/Check & Cash
No Credit Cards Please

Group Class Walk-In Price -\$20.00
Bundled Group Rate \$100/6 classes
Expires in 8 Weeks