

Cooperstown Fit To Be Tied Yoga



One Path, Many Teachers

“EXPLORING LEELA AS A PATH!”

2023 Therapies

Thai Massage

75 Minutes \$90

Reiki Session

1 Hour \$60

Cranio Sacral

1 Hour \$60

The Journey

Includes all therapies

Thai Massage, Reiki, Cranio Sacral

2 Hours \$200

Pricing

\$100/6 prepaid classes, expires in 8 weeks

\$20/walk in (group class)

Private \$60/walk in

Prepay

\$200/5 private sessions to be used in 6 weeks time

Visit 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

103 Main Street

Cooperstown

(Key Bank, 3rd Floor)

(607) 282-6365

Fit To Be Tied Yoga Cooperstown 2023 Fall Schedule

Monday

4pm

Aerial Yoga

5:30pm

Private

Tuesday

5:30pm

Beginner Ashtanga

Wednesday

8:15am

Ashtanga

9:30am

Private by appointment

10:30am

Private by appointment

Thursday

10:30am

Private by appointment

Friday

8:15am

Ashtanga

9:30am

Private by appointment

10:30am

Mixed Styles

Saturday

7:45am

Ashtanga

Sunday

11:00am

Private by appointment

1:00pm

Private by appointment

No classes are available without prior registration.

Class size limited to 10 students.

Please text at least a day ahead to register for a space in class.

We accept payment options

Cash/Venmo/local check/Paypal/Cash App

No Credit Cards