



Cobleskill Fit To Be Tied Yoga



One Path, Many Teachers
"EXPLORING LEELA AS A PATH!"

2023/2024 Therapies

Thai Massage
75 Minutes \$90

Reiki Session
1 Hour \$60

Cranio Sacral
1 Hour \$60

Yoga Personal Training
1 Hour \$40 or
Prepaid Bundle \$140 / 4 Classes
Expires in 4 weeks

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

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



Fit To Be Tied Yoga

Cobleskill 2023/2024 Fall / Winter Schedule

SUNDAY

9am to 10:15am	w/Bonnie	Ashtanga
10:30 to 11:45am	w/Bonnie	Yin Yoga
1:00pm to 2:00pm	w/Bonnie	Circus arts for kids
Other Classes by appointment		

MONDAY

By Appointment Only	w/Bonnie	
6:30pm to 7:30pm	w/Bonnie	Ashtanga

TUESDAY

5:15pm to 6:15pm	w/Kathie	Yin yoga
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WEDNESDAY

6pm to 7:15pm	w/Bonnie	Ashtanga
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THURSDAY

All classes by appointment Aerial and circus arts included

FRIDAY

All classes by appointment Aerial and circus arts included

No classes are available without prior registration.

Numbers are limited to a 5 person class.

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

Fees

\$40/ Private session - \$140/4 Privates (bundle) expires 4 weeks
\$20 walk in (group class) • \$80/5 group classes (bundled rate)

We accept

Cash/Venmo/local check/Paypal
No Credit Cards

Membership Rate - \$120/10 Classes (expires in 6 weeks)

Group Class Walk-In Price - \$20.00

Bundled Group Rate - \$80/5 Classes

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