

# Cooperstown Fit To Be Tied Yoga



## 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

Visit us on Facebook at Fit To Be Tied Yoga  
& at [www.fittobetiedyoga.com](http://www.fittobetiedyoga.com)  
or email at [bearinmax@gmail.com](mailto: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 2024 Summer Schedule

### Monday

3:15pm - 4pm Family Aerial Kids Yoga

4:15pm Aerial Yoga

4:45pm Yin Yoga

### Tuesday

4:30pm Aerial Yoga

5:45pm Beginner Ashtanga

### Wednesday

8:15am Ashtanga

9:45am Private by appointment

11:00am Private by appointment

5:00pm Aerial Yoga

### Thursday

10:30am Private by appointment

3:15pm Family Aerial Kids Yoga

### Friday

8:15am Ashtanga

9:45am Private by appointment

### Saturday

8:00am Ashtanga

3:15pm Family Aerial Kids Yoga

### 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