



Cobleskill Fit To Be Tied Yoga



Fit To Be Tied Yoga

Cobleskill 2023 Spring/Summer Schedule

SUNDAY

9am to 10am	w/Kathie	Gentle stretch
10:15am/ 11:30am	w/Bonnie	Ashtanga

MONDAY

By Appointment Only	w/Bonnie	
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TUESDAY

10:15am/11:00am	w/Ava & Thomas	Circus Arts
Kids (5-7)		
3:00pm to 3:45pm	w/Bonnie	Aerial Yoga
5:15pm to 6:15pm	w/Kathie	Yin yoga

WEDNESDAY

4pm to 5pm	w/Bonnie	Gentle Yoga
6pm to 7:15pm	w/Bonnie	Ashtanga

THURSDAY

6pm to 6:45pm	w/Bonnie	Aerial (Low hammock)
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FRIDAY

4pm to 5pm	w/Bonnie	Yin Yoga
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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 • \$100/4 Prepaid Privates (bundled rate)
\$20 walk in (group class) • \$80/5 group classes (bundled rate)

We accept

Cash/Venmo/local check/Paypal

No Credit Cards

Membership Rate - \$120/12 Classes (Expires in 6 mos.)

Group Class Walk-In Price - \$20.00

Bundled Group Rate - \$80/5 Classes

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

2023 Therapies

Thai Massage
75 Minutes \$80

Reiki Session
1 Hour \$60

Cranio Sacral
1 Hour \$60

Yoga Personal Training

1 Hour \$40 or

Prepaid Bundle \$100 / 4 Classes

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

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