

Cooperstown Fit To Be Tied Yoga



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

The Journey

Includes all therapies

Thai Massage, Reiki, Cranio Sacral

2 Hours \$200

Yoga Personal Training

1 Hour \$40 or

Prepaid Bundle \$120 / 4 Classes

(Expires in 8 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

103 Main Street

Cooperstown

(Key Bank, 3rd Floor)

(607) 282-6365

Fit To Be Tied Yoga

Cooperstown 2023 Spring/Summer Schedule

SUNDAY

Noon - 1:00pm
1:30pm - 2:15pm

Ashtanga
Aerial, Low hammock w/ Bonnie

MONDAY

10:00am

3:00pm - 3:45pm
4:30pm - 5:30pm

Mixed Styles
(Yin, Aerial, Ashtanga, Restorative)
Aerial
Ashtanga

TUESDAY

7:00am - 8:00am
8:15am - 9:15am
9:30am - 10:30am

3:00pm - 3:45pm
4:30pm - 5:30pm

Private class (Available)
Private Class (Available)
Mixed Styles
(Yin, Aerial, Ashtanga by request)
Aerial
Ashtanga

WEDNESDAY

7:00am - 8:00am
8:15am - 9:15am
9:30am - 10:30am
2:00pm - 3:00pm
3:30pm - 4:30pm

Private class (Available)
Ashtanga
Private class (Available)
Private class (Available)
Ashtanga

THURSDAY

3:30pm - 4:15pm
4:45pm - 5:45pm
6:00pm - 7:00pm

Aerial
Ashtanga
Private class (Available)

FRIDAY

7:00am - 8:00am
8:15am - 9:15am
10:00am - 11:00am

11:30am - 12:30pm

Private class (Available)
Ashtanga
Mixed styles
(Yin, Aerial, Ashtanga by request)
Private class (Available)

SATURDAY

7:45am - 8:45am
1:00pm - 2:00pm

2:30pm - 3:30pm

Ashtanga
Mixed Styles
(Aerial, Yin, Ashtanga by request)
Mixed Styles
(Yin, Ashtanga, Aerial by request)

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.

Fees

\$40/ Private session • \$120/4 Prepaid Privates (Expires in 8 weeks)
\$20 walk in (group class) • \$80/5 group classes (Expires in 8 weeks)

We accept payment options

Cash/Venmo/local check/Paypal/Cash App
No Credit Cards

Membership Rate - \$120/12 Classes (Expires in 3 mos.)

Group Class Walk-In Price - \$20.00

Bundled Group Rate - \$80/5 Classes