



October

yogawood

yoga. wellness. community.

Collingswood

688 Haddon Ave. Collingswood, NJ 08108
www.yogawood.com ~ 856.858.YOGA (9642)

Mondays

- 9:30 – 10:30 a.m. Vinyasa Flow with Maiga \$7 class!
6:00 – 7:15 p.m. Yoga/Pilates with Rachelle
7:30 – 9:00 p.m. Vinyasa Flow Yoga w/ Beth

Tuesdays

- 9:30 – 10:30 a.m. Vinyasa Flow with Vicki \$7 class!
1:00 – 2:30 p.m. Yin/Vinyasa Flow with Beth

Wednesdays

- 6:00 – 7:00 a.m. Core Strengthening **Series Pre-register!**
9:30 – 10:30 a.m. Vinyasa Flow with Erik \$7 class!
4:00 -- 5:00 p.m. Kids' Yoga Series with Tiffany **Pre-register!**
6:00 – 7:15 p.m. Prenatal Series with Kim **Pre-register!**
7:30 – 9:00 p.m. Vinyasa Flow with Beth

Thursdays

- 9:30 – 10:30 a.m. Vinyasa Flow with Karin \$7 class!
1:00 – 2:00 p.m. Baby and Me Series with Kim **Pre-register!**
4:00 – 5:00 p.m. Gentle Vinyasa with Lee \$7 class!
6:00 – 7:15 p.m. Yin Yoga with Micki
7:30 – 9:00 p.m. Gentle Vinyasa with Micki

Fridays

- 9:30 – 10:30 a.m. Vinyasa Flow with Micki \$7 class!
6:00 – 7:30 p.m. Vinyasa Flow with John

Saturdays

- 8:00 – 9:15 a.m. Vinyasa Flow with Kimberly
9:30 – 11:00 a.m. Vinyasa Flow with Beth

Sundays

- 9:30 – 11:00 a.m. Vinyasa Flow with Maiga
12:45 – 2:00 p.m. Prenatal Series w/ Carrie **Pre-register!**
2:00 – 2:45 p.m. Open Meditation **By donation**
6:00 – 7:30 p.m. Gentle Vinyasa Flow with Marie

Call us at 856.858.9642
to pre-register for series.

Everything else is a Drop-In
Class—so just come!

Drop-in Class Descriptions

Gentle Vinyasa Flow classes are great for beginners and anyone looking for a relaxing class with lots of instruction

Meditation offers an opportunity to sit and quiet the mind with others

Vinyasa Flow classes are active, moving meditations that improve strength, balance & coordination

Yin Yoga long-held seated postures that allow the deep connective tissue in your joints to gently open. Meditative goodness!

Yoga/Pilates focus on the body's core strength and combine postures and movements from both disciplines

Drop in class prices

First 3 classes: \$30 (use within 1 month)

1 drop-in class: \$14

5 class card: \$65 (expires in 2 months)

10 class card: \$120 (expires in 3 months)

Monthly unlimited: \$120

Student/Senior rate: \$10/class