

Free Day of Classes

Saturday, September 8, 2012

8am—5pm



Free Day!



SPECIAL OFFERS THIS DAY

10% off a 10-class pass; Pack of 5 Private Pilates Equipment Sessions for \$250

Enjoy healthy treats and enter a drawing to win a 5-class pass

FREE 45 minute classes all Day!

Class Schedule:

8am Pilates Barre

9am Hatha Yoga

10am Pilates Mat

11am Yin Yoga

Noon YogaAbs

1pm Slow Flow Yoga

2pm Restorative Yoga

3pm Kundalini Yoga

4pm Gong Meditation

Free Pilates Mini-Sessions by Appointment

All classes are FREE !

No need to pre-register. No experience necessary.

Come to as many or as few classes as you like!



the YogaSoul
center fullscale yoga
and pilates