



# yoga with zack

CLASSES • WORKSHOPS • RETREATS

## Summer 2010 Class Schedule

Effective June 21 to September 12, 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.	7 a.m. 9 a.m.	7 a.m. 9 a.m. 5:30 p.m.	7:45 a.m.*	7 a.m.	7 a.m. 9 a.m.	(No class)

There are four payment options for your yoga classes:

### ① ONE-YEAR MEMBERSHIP new!

For the regular, consistent student. Make the long term commitment to yoga class. The least expensive payment method.

#### Based on 50 weeks per year:

1 class per week	50 classes	\$ 600
2 classes per week	100 classes	\$ 1,200
3 classes per week	150 classes	\$ 1,800
4 classes per week	200 classes	\$ 2,400
5 classes per week	250 classes	\$ 3,000

### ② SEMESTER CARD

Choose "your" days, pay ahead and attend those classes. A good way to make a commitment to a regular yoga practice.

1 class per week	12 classes	\$ 180
2 classes per week	24 classes	\$ 360
3 classes per week	36 classes	\$ 540

### ③ ANY 4 CLASSES FOR \$70

Sign up for four classes, come any day during the semester.

### ④ SINGLE CLASS FOR \$20

Drop in to any class.



Classes are at Quiet Mind Studio in Wellfleet, except for the \*Wednesday class, which is at **The Life Center** in Orleans.

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Iyengar Yoga Certified Instructor

