



# yoga with zack

CLASSES • WORKSHOPS • RETREATS

## Winter 2010 Class Schedule

*Effective January 10 to April 4, 2010*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.	8 a.m.	5:30 p.m.	7:30 a.m.*	5:30 p.m.	7:30 a.m. <i>two-hour class</i>	(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.

#### **Mondays, Tuesdays, Wednesdays, Thursdays / \$180**

*(12) 1½-hour classes*

#### **Fridays / \$216**

*(12) 2-hour classes*

#### **Sundays / \$195**

*(13) 1½-hour classes*

### 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.

yogawithzack.com  
zack@yogawithzack.com  
508.349.2429

