



Om Town Yoga
Where Yoga Feels Like Home

Schedule of Classes

Winter-Spring 2018

Check our website for current updates and class details! [Scheduykle](http://www.omtownyoga.com)

www.omtownyoga.com

Monday

Morning Slow Flow	6:30 – 7:30 a.m.	Sally Frankenberg
Basics & Beyond	6 – 7:15 p.m.	Wendy Lippmann
Aging with Grace	7:30 – 8:45 p.m.	Wendy

Tuesday

All Levels Hatha	9:30 – 10:45 a.m.	Wendy
Chair Yoga	Noon – 1:05 p.m.	Wendy
Gentle Yoga	1:30 – 2:45 p.m.	Wendy
Evening Slow Flow	6 – 7:15 p.m.	Kristen Domonell

Wednesday

Morning Slow Flow	6:30 – 7:30 a.m.	Sally
All Levels Hatha	10 – 11:30 a.m.	Wendy
Gentle	Noon – 1:15 p.m.	Wendy
Level 1-2	6 – 7:15 p.m.	Katie Shaw

Thursday

All Levels Hatha	9:30 - 10:45 a.m.	Wendy
Gentle	1:30 – 2:45 p.m.	Wendy

Friday

TGIF Yoga: <u>4th Friday monthly</u>	6 – 7:30 p.m.	Wendy & Guests
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Saturday

Gentle	8:45 – 10 a.m.	Patty Turnberg
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Sunday

All Levels Hatha	9:30 – 11:00 a.m.	Wendy
Gentle	11:15 a.m. – 12:30 p.m.	Wendy

Visit www.omtownyoga.com for payment and registration information.

Questions? Call 206.706.2656 or email info@omtownyoga.com