

Pell City Yoga Center

1822 Cogswell Ave., Suite 204, **second floor**, Pell City, AL 35125

SCHEDULE*:

Monday

There is no yoga class.

Tuesday

4:30 pm - 6:00 pm - Restorative Yin Yoga in **TALLADEGA** at 50 Eastaboga Rd. This is a great class for ALL beginners. Great **stress release class!**

Registration's required by calling/texting by 8am to (205) 908-0722. Class will begin with at least 2 sign-in students.

Wednesday

6:15pm - 7:45 pm - Fast Flow Yoga. Moderate class for advanced students.

Registration's required by calling/texting by 8am to (205) 908-0722. Class will begin with at least 2 sign-in students.

Thursday

5:00 pm - 6:30 pm - Slow Flow Yoga. Gentle class for beginners.

Registration's required by calling/texting by 8am to (205) 908-0722. Class will begin with at least 2 sign-in students.

Friday

There is no yoga class.

Saturday

There is no yoga class.

RATES:

Walk-in: \$15

Yoga mat rent: \$1

5-Class Pass: \$65 (**\$13**/per class). Expires in 30 days after first use.

10-Class pass: \$120 (**\$12**/per class). Expires in 60 days after first use.

15-Class Pass: \$165 (**\$11**/per class). Expires in 90 days after first use.

Unlimited Monthly Pass: \$100. Expires in 30 days after first use.

Donations gratefully accepted for Community Yoga Class on Friday.

We offer a 50% discount to combat veterans.

***SCHEDULE is subject to change. Please stay in tune!**

Private yoga sessions are customized to fit your specific needs, focusing on therapeutic benefits for injuries, restorative benefits for stress or emotional situations. Please call for appointment at (205) 908-0722.

Private yoga session - \$65 for 90 min or \$50 for 60 min.

www.yogapellcity.com Call us now! (205) 908-0722