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THE PENNRIDGE WELLNESS CENTER

Schedule

- Level 1: Beginner
- Level 2: Intermediate
- Level 3: Advanced
- * 12 Week Series

Day	Morning	Afternoon	Night
Monday	9:30 - 10:45 Hatha (All Levels) Rachel		7:00-8:15 Vinyasa (level 2-3) Claudine
Tuesday	7:30-8:45 Classical Style (level 1-2) Jim		7:00-8:15 Intro to Ashtanga (level 2) Courtney
Wednesday	9:30 - 10:45 Open (All Levels) Sally		6:30-7:45 Vinyasa (level 2-3) Claudine
Thursday	7:30-8:45 Classical Style (level 1-2) Jim	5:45-6:45 Power Hour Claudine	7-8:00 Yoga For Beginners* Jim
Friday	9:30 - 10:45 Hatha (All Levels) Rachel		<h3>Pricing</h3> <ul style="list-style-type: none"> First Month Introduction: \$50 Monthly Unlimited: \$75 10 Class Card: \$125 Drop in Class: \$15 Seniors and Students: \$10
Saturday	9:15-10:30 "Align With the Flow" (All Levels) Felice		
Sunday			