

Summer 2017 SCHEDULE

MONDAY

9:00-10:00am	Pilates/Yoga Fusion*	Wendy
9:30-10:45am	Level 1*	Emily
6:00-7:15pm	Level 1-2	Marybeth
7:15-8:30pm	Yoga Flow	Stacey
7:30-8:45pm	Prenatal Yoga	Amy

TUESDAY

9:30-10:15am	Mommy & Me (5 week session)	Jen
10:00-11:00am	Ageless Yoga	Laura
6:00-7:15pm	Gentle & Restorative	Shelbi
6:00-7:15pm	Pilates/Yoga Fusion	Pam
7:30-8:45pm	Level 1-2	Aimee
7:30-8:45pm	Level 1	Noel

WEDNESDAY

9:30-10:45am	Level 1-2*	Emily
5:30-6:45pm	Level 1	Steve
7:00-8:15pm	Level 1-2	Steve
7:00-8:15pm	Beginners Yoga	Kim

Two 5-week Sessions. See class pricing for dates

THURSDAY

9:30-10:30am	Gentle & Restorative	Shelbi
9:30-10:30am	Yoga Flow	Stacey
5:30-6:15pm	Tween Yoga (9-12 years)	Jen

One 8-week Session. See class pricing for dates.

6:00-7:15pm	Level 1	Marybeth
6:00-7:15pm	Level 2	Emily
6:30-7:15pm	Kids Yoga (5-8 years)	Jen

One 8-week Session. See class pricing for dates.

7:30-8:30pm	Level 1-2	Sandra
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Summer 2017 SCHEDULE July 10-Sept 24, 2017 11 weeks

SATURDAY

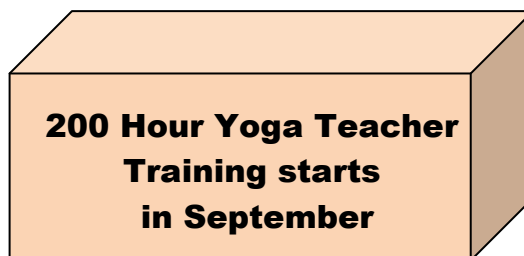
9:00-9:45am	Baby & Me (4 week session)	Aimee
9:30-10:30am	Gentle Stretch	Erin
10:00-11:15am	Level 1-2	Aimee

SUNDAY

9:00-10:00am	Energizing Yoga	Megan/Ingrid
10:00-11:15am	Level 1	Stacey
10:15-11:30am	Prenatal Yoga	Veronica
11:30-1:30pm	Y12SR (Donation Based Class)	Kim

(7/9, 8/6, 9/17) Proceeds go to Chrysalis House

Classes start on time. Late arrivals may be turned away or find the door locked. Please see our make-up policy for more information.



Please Note

* Indicates babysitting is available.

New class, time or teacher noted in **Bold**.

Schedule is subject to change.

See online calendar for most current schedule.

CLASS PRICING July 10 -September 24, 2017

Early Bird Discount!
Save \$10 when you register for a full session by 7/2

1.0-1.5 hour (for 11 week session)	\$176
Multi-class Discount (2nd & 3rd class)	\$132
10-class punch card (Summer sale! Purchase by 7/2)	\$170
4-week Session Pass	\$210
Unlimited Session Pass	\$525
Annual Pass	\$1,600
Drop-in	\$20

Kids Yoga and Tween Yoga:

One 8-week session: 7/13-8/31 \$128

Mommy & Me: 7/11-8/8 \$80

Baby & Me: 7/22-8/12 \$64

Beginners Yoga:

Session 1: 7/12-8/9 \$80

Session 2: 8/16-9/13 \$80

Private Lessons:

Individual Session \$80

3+ private lessons (paid in advance) \$65 each

Small Group (up to 4) Lesson \$100

How to Register

We highly recommend registering online at www.croftonyoga.com to receive immediate confirmation that your spot in class is secured. You can also call the studio to register by phone. We do not confirm registrations. We will only contact you if the class you registered for is full.



410-451-1625
yoga@croftonyoga.com
www.croftonyoga.com

WORKSHOPS

Yoga and Sound Meditation

with Stacey Johnson
July 16, 3-4:30pm
\$30 (\$35 after 6/15)

Yoga and Massage for Pregnancy and Birth

with Darlene Bergener
August 20, 1-4:30pm
\$80/Couple

Yoga and Meditation with Aromatherapy

with Kim Murphy
September 24, 3:00-4:30pm
\$30 (\$35 after 8/23)

Pranakriya School of Yoga Healing Arts Trainings

200 Hour YTT Info Session

June 9, 2017
6:30-7:30pm
Free

Musculoskeletal Assessment

with Emily Gretz and Dr. Laura Grayson, DPT
November 10-12, 2017
\$375 (\$425 after 10/9)
Materials Included in Fee

Meditation: Theory and Teaching with Yoganand Michael Carroll E-RYT 500, IAYT (34 Hours)

February 16-20, 2018

**Early Bird Discount! Save \$10 when
You register for a full session by 7/2**

Discounts

Family members registering under one account automatically receive a multi-class discount for the second, third and fourth classes paid for in a session. The multi-class discount is \$12 a class. We also offer \$10 off a **full** session for students (with college ID), seniors (over 60), AACPL, AACPS & PGCPs employees (with ID), and active military or family of active military (with ID). **The above discounts are only given through July 16, 2017.**

Refunds

Refunds are handled on a case-by-case basis and are subject to a \$40 registration fee which is already included in tuition. No refunds are given after the third week of classes. Tuition cannot be carried over to a later session. There is a \$30 fee for all returned checks. **Please note that refund policies are firm.**

Refunds for Workshops

No refunds for workshops are given unless we receive your cancellation request more than one week before the beginning of the workshop. Crofton Yoga reserves the right to cancel a workshop at any time. Space is limited.

Advanced Training Programs are subject to administrative fees upon cancellation. Please see individual training descriptions for details on refunds.

Make-ups

Missed classes can be made up at any time during the current session, but not carried over to another session. You may also bring a friend or family member to class as your make-up.

**Classes start on time. Late arrivals may be
turned away or find the door locked.**



Summer 2017 Schedule

**July 10-Sept. 24, 2017
11 weeks**

**www.croftonyoga.com
2431 Crofton Lane, #11
Crofton, MD 21114**