

## Fall 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	Stacee
7:30-8:45pm	Prenatal Yoga	Amy

### TUESDAY

10:00-11:00am	Ageless Yoga	Laura
<b>10:00-10:45am</b>	<b>Mommy and Me</b> (5 week session)	<b>Jen</b>
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
<b>10:00-11:00am</b>	<b>Chair Yoga</b> (4 week session)	<b>Shelbi</b>
5:30-6:45pm	Level 1	Steve
7:00-8:15pm	Level 1-2	Steve
7:00-8:15pm	Beginners	Kim

Two 6-week Sessions. See class pricing for dates

### THURSDAY NO CLASS 11/23

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

Two 6-week Sessions. 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

Two 6-week Session. See class pricing for dates

7:30-8:30pm	Level 1-2	Sandra
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**410-451-1625**

**yoga@croftonyoga.com**

**www.croftonyoga.com**

## Fall 2017 SCHEDULE

Oct. 2-Dec. 23, 2017

12 weeks

### FRIDAY

<b>9:30-10:45am</b>	<b>Watch for Pop-Up Classes</b>
<b>6:00-7:15pm</b>	<b>Friday Nights with Kim</b>
	<b>10/6, 11/17, 12/15</b>

### SATURDAY

<b>9:00-9:45am</b>	<b>Baby &amp; Me</b> (4-week Session)	<b>Aimee</b>
9:30-10:30am	Gentle Stretch	Erin
10:00-11:15am	All Level Yoga	Aimee

### SUNDAY

10:00-11:15am	Level 1	Stacee
11:30 - 1:30pm	Y12SR (Donation Based Class)	Kim
	<i>10/15 Proceeds go to Chrysalis House</i>	

**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

Oct. 2- Dec. 23, 2017

1.0-1.5 hour (for 12 week session)	\$192
Multi-class Discount (2nd & 3rd class)	\$144
10-class punch card	\$180
1 Week Unlimited	\$65
4-week Session Pass	\$210
Unlimited Session Pass	\$525
Annual Pass	\$1,600
Drop-in	\$20

<b>Chair Yoga:</b> 10/4-10/25	\$64
<b>Baby &amp; Me:</b> 10/7-10/28	\$64
<b>Mommy &amp; Me:</b> 10/17-11/14	\$80

#### **Kids Yoga and Tween Yoga:**

Session 1: 10/5-11/9	\$96
Session 2: 11/16 -12/21	\$96

#### **Beginners Yoga:**

Session 1: 10/4-11/8	\$96
Session 2: 11/15-12/20	\$96

#### **Private Lessons:**

Individual Session	\$ 80
3+ private lessons (paid in advance)	\$65 each
Small Group (up to 4) Lesson	\$100

#### **Early Bird Registration**

**Save \$10 when you register by 9/24**

#### **How to Register**

We highly recommend registering online at [www.croftonyoga.com](http://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.

## WORKSHOPS

### Relax Deeply A Yoga Nidra Experience

with Steve Wolf  
October 15, 3:30-5:00pm  
\$35

### Friday Nights

with Kim  
6:00 – 7:15pm  
Oct. 6  
Nov. 17  
Dec. 15

See pricing online in registration system.  
Discounts available



### 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 by  
September 24

### 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 October 8, 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.**

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## Fall 2017 Schedule

**Oct. 2-Dec. 23, 2017**  
**12 weeks**

**(No Classes 12/24&25)**

**www.croftonyoga.com**

**2431 Crofton Lane, #11**

**Crofton, MD 21114**