

Spring 2018 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
6:00-7:15pm	Prenatal Yoga	Stacee
7:30-8:30pm	Yoga Flow	Stacee

TUESDAY

10:00-11:00am	Gentle Stretch	Shelbi
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
5:45-7:00pm	Level 2	Emily
7:00-8:15pm	Level 1-2	Steve
7:15-8:15pm	Beginners	Kim
	Two 6-week Sessions	

THURSDAY

9:30-10:30am	Gentle & Restorative	Shelbi
9:30-10:30am	Beginner Yoga Flow	Stacee
5:30-6:15pm	Tween Yoga (9-12 years)	Jen
	Two 5-week Sessions	
6:00-7:15pm	Level 1*	Marybeth
6:30-7:15pm	Kids Yoga (5-8 years)	Jen
	Two 5-week Sessions	
7:30-8:45pm	Level 1-2	Sandra

FRIDAY

6:00-7:15pm	PK Friday Nights 4/13: Yoga Workout	Kim
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Spring 2018 SCHEDULE

SATURDAY

9:00-9:45am	Baby & Me	Aimee
	5-week Session	
9:00-10:00am	Gentle Stretch	Erin
10:15-11:30am	Level 1-2	Aimee

SUNDAY

10:00-11:15am	Level 1	Jen
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Classes start on time. Late arrivals may be turned away or find the door locked. Please see our make-up policy for more information.

Kids Yoga Camp

June 18-22

Ages 5-12

\$195

\$175 for 2nd and 3rd Child
\$10 Early Bird Discount
Available until April 1st



CLASS PRICING April 9-July 1, 2018

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

Baby & Me: 4/14-5/12 \$80

Kids Yoga

Session 1: 4/12-5/10	\$80
Session 2: 5/17-6/14	\$80

Tween Yoga:

Session 1: 4/12-5/10	\$80
Session 2: 5/17-6/14	\$80

Beginners Yoga:

Session 1: 4/11-5/16	\$96
Session 2: 5/23-6/27	\$96

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.

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.

\$375 (\$425 after 9/4)

www.croftonyoga.com

WORKSHOPS

Yoga, Meditation & Aromatherapy

with Kim Murphy
March 18, 1:00-2:30pm, \$35

PK Friday Nights: Yoga Workout

with Kim Murphy
April 13, 6:00-7:15pm, \$16

Yoga & Sound Meditation

with Stacey Johnson
April 29 and June 24, 1-2:30, \$35 each

Yoga & Massage for Pregnancy and Birth

with Darlene Bergener
July 22, 1-4:30, \$80 each

The Deep Roots of Yoga: An Immersion Weekend

with Devedas Gregg Day
August 3-5
\$300, \$275 Early bird by July 2, 2018
Open to All Practitioners



Teaching Restorative Yoga

with Shelbi Miles & Jacci Gruninger (20 Hours)
May 18-20, 2018
\$375 (\$425 after 4/17)

The Deep Roots of Yoga: An Immersion Weekend

with Devedas Gregg Day
August 3-5
\$300, \$275 Early bird by July 2, 2018
Open to All Practitioners

Asanas for Meditative Postures

with Krissy Dobson (20 Hours)
Oct. 5-7, 2018



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 April 15, 2018.**

Refunds

Refunds are handled on a case-by-case basis and are subject to a \$45 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.

410-451-1625

yoga@croftonyoga.com



Spring 2018 Schedule

April 9-July 1, 2018
12 weeks

www.croftonyoga.com

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