

Classes subject to change. Please visit our website for the most current schedule.

SUNDAY

8:30 am	Flow	Amy W
10:00 am	Mindful	Amy S
11:30 am	Prenatal*	Liz
4:00 pm	Flow	Stephanie
6:00 pm	Restorative Yin	Heather

MONDAY

9:00 am	Mindful	Maureen L
10:30 am	Gentle	Maureen L
5:30 pm	Flow	Julie
7:00 pm	Flow	Julie

TUESDAY

9:00 am	Flow	Liz
10:30 am	Restorative	Liz
6:30 pm	Flow	Andrea

WEDNESDAY

5:30 am	Flow	Julie
9:00 am	Flow	Stephanie
10:30 am	Mindful	Alice
12:00 pm	Free Yoga for Lower Back Pain for Police & Firemen*	Alice
7:00 pm	Prenatal*	Lauren

THURSDAY

9:00 am	Flow	Liz
10:30 am	Gentle	Maureen L
7:00 pm	Mindful	Alice

FRIDAY

9:00 am	Mindful	Suzan
4:00 pm	Flow	Liz

SATURDAY

7:30 am	Flow	Stephanie
9:00 am	Gentle	Maureen L
10:30 am	Mindful	Alice
12:00 pm	Flow	Stephanie

Mother Daughter Yoga* Maureen C

Tween/Teen Yoga*

Girl Power Yoga & Mindfulness*

Mom & Daughter Mindful Moments and Relaxation*

Little Yogis Storytime*

Mindfulness & Yoga for Children
with ADD, ADHD & Anxiety*

Liz

*See website for dates.

To attend our ongoing weekly classes....

REGISTER on our website class schedule at beverlyyogacenter.com. Find the green Sign-Up option under the class you plan on attending. Enter your name and email address. *You're registered!*

CLASS TIME Arrive 10-15 minutes early to settle in. Classes begin promptly at the times listed on our website class schedule and doors are locked. If you are late, please do not knock on the door and sign-up for a later class.

BRING a yoga mat if you own one, otherwise, we have mats and props to borrow during class.

PAYMENT may be made in advance on our website under Schedule/Info or in the studio.

PARKING is available in the back of the CVS Pharmacy parking lot during class times only. Be sure to place a BYC parking permit on your car dash. Permits available in the studio. Metered street parking is also available.

NEW TO YOGA? Weekly classes suited for beginners: Gentle, Mindful

We look forward to seeing you!

CLASS PRICING

Walk-in Class \$18

High School & College Student \$10 *in-studio purchase only*

New Students - Welcome to the Beverly Yoga Center
One offer available for new students only.

Unlimited Yoga for 30 Days \$59 *Expires 30 days from purchase date.*

3 Classes for \$30 *Expires 3 weeks from purchase date.*

MONTHLY Auto-Renew - with perks! \$99

Monthly Memberships are perfect for anyone who attends class twice a week or more. The more you attend, the better the deal. As a member you will receive discounts to several local businesses. Monthly memberships are valid for any ongoing weekly class on our schedule. Available for purchase online only by credit card. Monthly memberships are for one person only and cannot be shared.

Class Package

10 Classes \$140 (\$14 per class)

Expires in 6 months. Package may be shared with family and friends.

PRIVATE YOGA INSTRUCTION

Introduction to Yoga

Learn to Meditate

MindBodyHeart Practices for Stress and Anxiety

Yoga, Breath and Mindfulness for Chronic Pain

Pricing Options:

6 classes for \$300 (\$50 per session)

\$75 per session, \$20 for each additional person

Children's Yoga Party

\$300 for 2 hours - *Contact us for more information*