

Yoga Class Schedule		
Monday	8:30 - 9:45 am 10:15 - 11:30 am 12:10 - 12:55 pm 5:30 - 6:45 pm	Iyengar Restorative Pilates Ball Vinyasa
Tuesday	8:30 - 9:45 am 10:15 - 11:30 am 5:30 - 6:45 pm	Vinyasa Gentle Vinyasa Restorative
Wednesday	8:30 - 9:45 am 10:15 - 11:30 am 5:30 - 6:45 pm	Iyengar Slow and Deep Vinyasa
Thursday	8:30 - 9:45 am 10:15 - 11:30 am 12:10 - 12:55 pm 4:30 - 5:15 pm 5:30 - 6:45 pm	Vinyasa Hatha Pilates Ball Pretzel Kids Hatha
Saturday	9:00 - 10:00 am (1st & 3rd Saturdays)	Butt 'n Abs

Yoga Class Fees	
Individual Class	\$10 / \$8 senior
1 Month Unlimited	\$60 / \$50 senior
Punch Card 11 classes—no exp.	\$100 / \$80 senior
Private Lesson	\$30

Memberships	
6 months	\$312/\$252 senior
3 months	\$165/\$135 senior
1 month (with 6 mo agreement)	\$58/\$48 senior
Members receive unlimited classes and 10% off retail and Pilates reformer packages.	



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Pilates Reformer	
1 session (55 minutes)	\$55
4 sessions	\$180 (\$45 per session)
8 sessions	\$340 (\$42.50 per session)
12 sessions	\$480 (\$40 per session)

## Yoga Class Descriptions

**Gentle Vinyasa**—Vinyasa-style class geared for beginners and the young at heart.

**Hatha Yoga**—Class for all levels of ability that uses props to strengthen and increase flexibility of specific areas of the body.

**Ivengar**—Yoga style that uses props such as bolsters & straps to assist in achieving desired postures. On the 3rd Wednesday this class is Restorative yoga...relaxing and wonderful.

**Mat/Ball Pilates**—Pilates style movements done on a mat and/or large exercise ball. Emphasizes building core and upper body strength. Please bring your own ball.

**Pilates Reformer**—Innovative system of mind-body exercises using state of the art apparatus to tone the body without adding bulk.

**Pretzel Kids**—A fun class for children ages 5-10 where they learn to move with imagination, be creative, and explore stillness and quietude.

**Slow & Deep**— Passively held deep-tissue stretching done to challenge the mind & body. A great compliment to more active styles of yoga.

**Therapeutic Yoga**—Designed for women managing conditions such as diabetes, high blood pressure, arthritis and cancer recovery.

**Vinyasa**—Energizing style of yoga in which breath and movement are synchronized to build heat and revitalize the spirit. Recommended for experienced yogis.

**Butt 'n Abs**— A fun yoga class that targets the problem areas. A nice change of pace.

Classes not intended for students with recent injuries or pregnant women. Consult your physician before beginning any exercise routine.