

Early Bird Discount!  
Registration deadline  
extended to March 1st!!!



## Spring Session 2012

### Session Classes

Mar. 11- June 9, 2012 (13 Weeks)

✓	Day / Time	Class
	<b>Sunday</b>	
<input type="checkbox"/>	4:15 pm	Hatha Yoga (All Levels)
	<b>Monday</b>	
<input type="checkbox"/>	10:00 am	Hatha Yoga (Level I)
<input type="checkbox"/>	4:00 pm	Hatha Yoga (Level I)
<input type="checkbox"/>	5:30 pm	Hatha Yoga (Level I)
<input type="checkbox"/>	7:00 pm	Vinyasa-Style Yoga (Level II)
	<b>Tuesday</b>	
<input type="checkbox"/>	9:30 am	Hatha Yoga (Level I)
<input type="checkbox"/>	5:30 pm	Gentle Restorative Yoga
<input type="checkbox"/>	7:00 pm	Hatha Yoga (Level I/II)
	<b>Wednesday</b>	
<input type="checkbox"/>	10:00 am	Gentle Restorative Yoga
<input type="checkbox"/>	4:00 pm	Hatha Yoga (All Levels)
<input type="checkbox"/>	6:00 pm	Hatha Yoga (Intro/Level I)
<input type="checkbox"/>	7:30-9:00 pm	*Hatha Yoga (Level II)
	<b>Thursday</b>	
<input type="checkbox"/>	12:30 pm	Hatha Yoga (Level I)
<input type="checkbox"/>	5:30-7:00 pm	*Hatha Yoga (Level II)
<input type="checkbox"/>	7:15 pm	Hatha Yoga (Level I)
	<b>Friday</b>	
<input type="checkbox"/>	10:00 am	Hatha Yoga (All Levels)
	<b>Saturday</b>	
<input type="checkbox"/>	8:00 am	Vinyasa-Style Yoga (Level II)
<input type="checkbox"/>	9:30 am	Hatha Yoga (Level I)

### Series Classes

Mar. 11 - Apr. 20 (6 weeks)

✓	Day / Time	Class
	<b>Tuesday</b>	
<input type="checkbox"/>	4:15 pm	*Teen Yoga
	<b>Thursday</b>	
<input type="checkbox"/>	4:00 pm	*Kids Yoga
	<b>Friday</b>	
<input type="checkbox"/>	5:30 pm	*Prenatal Yoga

\*Classes are 75 minutes except Teen and Kids Yoga (60 minutes) and Wednesday/Thursday Level II (90 minutes)

**Session classes** are continuous. You may register for a minimum of five (5) weeks and still receive session price! Price will be prorated.

**Series Classes** are scheduled as indicated. A minimum number of students is required. Please register by February 27th.

**Special Sunday class!** Only \$5 to drop-in (free with unlimited yoga pass or as a make-up class).

Holiday schedule: No classes Easter Sunday April 8, Memorial Day May 28

## New Class for Spring Session!

**Wednesday, 4:00 pm (All Levels)**

## AND Wednesday and Thursday Level II extended times! Now 90 minute classes!

Wednesdays 7:30 pm - 9:00 pm Hatha Yoga (Level II)

*Free 15 minute Guided Meditation added to the end of this class*

Thursdays 5:30-7:00 pm Hatha Yoga (Level II)

*Free 15 minute Guided Meditation added to the end of this class*

## Class Changes!

(changes are in bold)

Monday

5:30 pm Hatha Yoga (**Level I**)

Tuesday

7:00 pm Hatha Yoga (**Level I/II**)

Wednesday

6:00 pm Hatha Yoga (Intro/Level I)

7:30 pm - **9:00 pm** Hatha Yoga (Level II)

**(8:45-9:00 pm Guided Meditation)**

Thursday

5:30-**7:00 pm** Hatha Yoga (Level II)

**(6:45-7:00 pm Guided Meditation)**

**7:15 pm** Hatha Yoga (Level I)

Prices and other helpful information is on reverse side of this page (or page 2).

## Register by February 27th March 1st to receive Early Bird Discount!

**Spring Session Enrollment** ~ Join and begin anytime! **Session Classes** continue throughout the quarterly session. Enroll in one class per week OR purchase the Unlimited Yoga and come as often as you'd like. (Series Classes meet once a week and are held for a specific number of weeks, so please register in advance. For Early Spring Series Classes, if the minimum number students is not met by March 1st, class will not begin and you will receive a full refund.)

**To Register** please check boxes on reverse side of this page for the classes of your choice. Payment may be made by cash, debit/credit card, or check. Complete and drop off or mail this form with payment to:

**Synergy Yoga**  
11000 Three Chopt Road  
Richmond, VA 23233.

You may also register and pay online by going to our site at [www.synergyyogastudio.com](http://www.synergyyogastudio.com).

**For more Information** contact us at: (804) 747-9642 (YOGA),

[info@synergyyogastudio.com](mailto:info@synergyyogastudio.com)

or visit our website at [www.synergyyogastudio.com](http://www.synergyyogastudio.com).

### Special Pricing for Session Classes:

One class per week (13 weeks)	\$169
• with Early Bird Discount	\$156
(You may register for a minimum of five weeks and still receive prorated session price!)	
One class per week (4 weeks)	\$56
• with Early Bird Discount	\$52
Drop-in (as space is available)	\$16

### Special Pricing for Series Classes:

One 60-75 minute class per week (6 weeks)	\$84
• with Early Bird Discount	\$72
• Add each additional weekly class	\$60
• with Early Bird Discount	\$54
Drop-in (as space is available)	\$16
One 45 minute class per week: (6 weeks)	\$72
• with Early Bird Discount	\$64
Drop-in (as space is available)	\$14

### Unlimited Yoga Specials:

*Come in as many times as you like! The more classes you attend the more you will feel the benefits of yoga!*

Thirteen weeks Unlimited Yoga:	\$324
• with Early Bird Discount	\$298
Monthly Unlimited Yoga:	\$110
• with Early Bird Discount	\$99
6 month Unlimited Yoga:	\$520

(Please print or type clearly)

Enclosed is my payment by check in the amount of \$\_\_\_\_\_.

\_\_\_\_\_  
Name

I prefer to pay at your front desk, located at Three Chopt Center, by check, cash, or debit/credit card.

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

I prefer to register and pay online at [www.synergyyogastudio.com](http://www.synergyyogastudio.com).

\_\_\_\_\_  
Phone #s

\_\_\_\_\_  
Email Address