



July -September Yoga Class Schedule at Lake Wilderness Lodge

06/22/10

Register

Lake Wilderness Lodge Parks & Rec. 22500 SE 248th St or call: **432.9953**

MONTHLY STUDENTS: Include the correct Course Name and Number when registering. *Please register the week before class starts to avoid cancellation or merging of classes! *If there are insufficient registrants the Friday before class starts the class will be cancelled. Monday PM classes will be combined and will run from 6:45-8:15 pm. Only registered students will be notified of any change to the class schedule.*

DROP IN STUDENTS: Must pay before class starts; show your receipt to the instructor.

Day	Time	Class/Teacher	Dates	Course Number	Fee/Drop In
Monday	9:30-11:00 am	All Levels Ann	Jul 12, 19, 26. Sep 13, 20, 27.	SU110-101 SU310-101	\$39/\$15 \$39/\$15
	5:45-7:15 pm <i>*see note</i>	All Levels Carmen	Jul 12, 19, 26. Aug 2, 9, 16, 23. Sep 13, 20, 27.	SU110-102 SU210-102 SU310-102	\$39/\$15 \$52/\$15 \$39/\$15
	7:30-9:00 pm <i>*see note</i>	All Levels Carmen	Jul 12, 19, 26. Aug 2, 9, 16, 23. Sep 13, 20, 27.	SU110-103 SU210-103 SU310-103	\$39/\$15 \$52/\$15 \$39/\$15
Tuesday	5:30-7:00 pm	Gentle Frances	Jul 6, 13, 20, 27. Aug 10, 17, 24, 31.	SU110-250 SU210-250	\$48/\$14 \$48/\$14
	7:15-8:30 pm	Power Yoga Ann	Sep 14, 21, 28.	SU310-204	\$36/\$14
Wednesday	5:30-7:00 pm	Gentle Frances	Sep 8, 22, 29.	SU310-350	\$36/\$14
Friday	9:30-11:00 am	Gentle Frances	Jul 9, 16, 23, 30.	SU110-550	\$48/\$14
			Aug 6, 13, 20, 27.	SU210-550	\$48/\$14
			Sep 10, 24.	SU310-550	\$24/\$14

Class Descriptions

All Levels - Balance strength and flexibility of muscles and joints to develop physical stamina, mental concentration, and awareness. New students will be guided to learn proper form, while experienced students will be challenged to further refine poses.

Gentle - Develop balance, strength, flexibility, and focus specifically for new or continuing students who require more support and adaptations of poses due to chronic or acute conditions or rehabilitation or who prefer a milder, slower paced class.

Note: Instructors may substitute for one another during absence.

Teachers

Ann: 253.630.450; Frances: 425.432.3986;

**Carmen: 206.300.7123 or email: carmen@bluemoonartsyoga.com
www.bluemoonartsyoga.com**

