



Hatha Yoga - 3 Weeks

This 3-week class uses the ancient discipline of yoga postures to create a balance between mind and body. By coordinating the breath with movement, the body gains flexibility, better range of motion, improved circulation and tone quality. The mind focuses better and can relax easier to reduce stress. Each person progresses at his or her own rate. One day drop-in rates are available. Please call the Chalet to make sure class is running before dropping in.

Code:	4010-2	4010-3	4010-4	4010-5
Ages:	16 +	16 +	16 +	16 +
Day(s):	Sunday	Monday	Thursday	Friday
Date(s):	8/7-8/21	8/8-8/22	7/28-8/18	7/29-8/19
No Class:			8/4	8/5
Time:	8:30 - 9:30 AM	7:30 - 8:30 PM	9:15 - 10:15 AM	6:30 - 7:30 PM
Location:	Chalet			
Fee:	\$15 res or Chalet members \$30 nr & non-members \$15 one day drop-in			
Instructor:	Annie Walter, RYT			
Min/Max:	4/10			

Hatha Yoga - 6 Weeks

This 6-week class uses the ancient discipline of yoga postures to create a balance between mind and body. By coordinating the breath with movement, the body gains flexibility, better range of motion, improved circulation and tone quality. The mind focuses better and can relax easier to reduce stress. Each person progresses at his or her own rate. One day drop-in rates are available. Please call the Chalet to make sure class is running before dropping in.

Session I

Code:	4000-2	4000-3	4000-4	4000-5
Ages:	16 +	16 +	16 +	16 +
Day(s):	Sunday	Monday	Thursday	Friday
Date(s):	5/1-6/12	5/2-6/13	5/5-6/9	5/6-6/10
No Class:	5/29	5/30		
Time:	8:30 - 9:30 AM	7:30 - 8:30 PM	9:15 - 10:15 AM	6:30 - 7:30 PM
Location:	Chalet			
Fee:	\$25 res & Chalet members (1 class per week) \$50 nr & non-members (1 class per week) \$15 for one day drop-in			
Instructor:	Annie Walter, RYT			
Min/Max:	4/10			

Session II

Code:	4000-6	4000-7	4000-8	4000-9
Ages:	16 +	16 +	16 +	16 +
Day(s):	Sunday	Monday	Thursday	Friday
Date(s):	6/19-7/31	6/20-8/1	6/16-7/21	6/17-7/22
No Class:	7/3	7/4		
Time:	8:30 - 9:30 AM	7:30 - 8:30 PM	9:15 - 10:15 AM	6:30 - 7:30 PM
Location:	Chalet			
Fee:	\$25 res & Chalet members (1 class per week) \$50 nr & non-members (1 class per week) \$15 for one day drop-in			
Instructor:	Annie Walter, RYT			
Min/Max:	4/10			

If interested in attending an additional class per week, please choose class above with appropriate code number as well as the code below.

*****Note*** Two fees and two codes must be on registration form.**

4001-0	\$15 Members/residents
4001-1	\$30 Non-members/ non-residents