

**The Yoga Mat  
Regular Winter Class Schedule  
January 2<sup>nd</sup> – March 31<sup>st</sup>, 2012**

**Monday**  
5:45 – 6:45 pm     **Beginner**  
                                  **“The Mat & Beyond”**  
7:00 – 8:30 pm     **Multi-Level**

**Tuesday**  
9:30 – 10:30 am    **Basics 1**  
5:45 – 7:15 pm     **Intermediate**  
7:30 – 8:30 pm     **Beginner**  
                                  **“Sunset Salutations”**

**Wednesday**  
1:30 – 2:30 pm     **Gentle**  
5:45 – 6:45 pm     **Vinyasa**  
7:00 – 8:00 pm     **Intro to Yoga**

**Thursday**  
5:45 – 7:15 pm     **Intermediate**  
7:30 – 8:30 pm     **Family / Beginner**

**Friday**  
9:30 – 11:00 am    **Basics 2**  
5:45 – 7:15 pm     **Multi-Level**

**Saturday**  
10:00 – 11:00 am   **Basics 1**

<p><b>Specialty Class Schedule</b> Registration required, but open to all members at no extra charge</p> <p><b>Monday</b> (Jan 2<sup>nd</sup> – Feb 20<sup>th</sup>) 10:00 – 11:00 am     <b>Mom and Baby</b></p> <p><b>Wednesday</b> (Jan 4<sup>th</sup> – Feb 22<sup>nd</sup>) 8:15 – 9:15 pm        <b>3Rs</b></p>
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## WINTER MEMBERSHIPS

Effective Dates  
Jan 2<sup>nd</sup> – Mar 31<sup>st</sup>, 2012

Unlimited access to classes

**\*\* Best Deal\*\***

Three month membership  
**\$300.00**

\$100 monthly post-dated cheques accepted  
Non-refundable & Non-transferable

One month membership  
\$115.50

10 Class Pass - \$150.00

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### SPECIALTY CLASSES

\$99.75 / 8 wks

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### DROP IN RATES

1 hr class - \$17.00  
1.5 hr class - \$20.00

*All prices include GST*

For more information visit  
[www.yogamatstudio.com](http://www.yogamatstudio.com)

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