



NATIONAL MUSEUM OF DANCE

HALL OF FAME
SCHOOL OF THE ARTS



TRY YOUR FIRST CLASS FREE!*

\$15 single drop-in class

\$96 - 8 Class Yoga Card

\$49/month unlimited

Aerial \$20/class
registration required

Register online or stop in the SOA office to purchase a class card

* first class free does not apply to aerial

99 SOUTH BROADWAY
SARATOGA SPRINGS, NY
518-584-2225
DANCEMUSEUM.ORG

YOGA CLASSES



Monday	9:30-10:30 am	Slow Flow	Kera Rexroad	Studio 1
	6:00-7:00 pm	Aerial*	Julie Bell	SE Gallery
	7:30-8:30 pm	Warm Candlelight Flow	Meaghan McEntee	SE Gallery
Tuesday	9:30-10:30 am	Hot Hit Pilates	Beth Gelber	Studio 1
Wednesday	9:00-10:00 am	Vinyasa Flow	Julie Coluccio	Studio 1
	4:00-5:00 pm	Yin and Flow	Amy Deluca	Studio 3
Thursday	9:30-10:30 am	Vinyasa Flow	Julie Bell	Studio 1
	6:00-7:00 pm	Vinyasa Flow	Emily Pick	SE Gallery
Friday	9:30-10:45 am	Vinyasa Flow	Amy Deluca	Studio 1
	12:00-1:00 pm	Vinyasa Flow	Taegan Grice	Studio 1
Saturday	12:30-1:30 pm	Slow Flow	Judy Pawlick	Studio 3
Sunday	9:30-10:45 am	Vinyasa Flow	Sandra Devendorf	Studio 1

* Reservations Required for Aerial Yoga Classes