

National Museum of Dance  
**SCHOOL OF  
 THE ARTS**



# School of the Arts Yoga



Monday	8:15-9:15 am 9:30-10:30 am 7:30-8:30 pm	Vinyasa Power Flow Slow Flow Warm Candlelight Flow	Taegan Grice Kera Rexroad Meaghan McEntee
Tuesday	9:30-10:30 am	Hot Hit Pilates	Beth Gelber
Wednesday	9:30-10:30 am 4:00-5:00 pm	Vinyasa Flow Yin and Flow	Julie Coluccio Amy Deluca
Thursday	9:30-10:30 am 6:00-7:00 pm	Vinyasa Flow Vinyasa Flow	Julie Bell Emily Pick
Friday	9:30-10:45 am	Vinyasa Flow	Amy Deluca
Saturday	12:30-1:30 pm	Slow Flow	Judy Pawlick
Sunday	9:30-10:45 am	Vinyasa Flow	Rotating Instructors

**TRY YOUR FIRST  
 CLASS FREE!**

\$15 single drop-in class  
 \$96 - 8 Class Yoga Card  
 \$49/month unlimited

register online or stop in the  
 SOA Office to purchase a class card

518-584-2225 ext. 3008 • [www.dancemuseum.org/school](http://www.dancemuseum.org/school)