

Wyoga studio

is dedicated to providing
Strength, Flexibility, Balance, and
Peaceful Relaxation
To everyone—
Any age, Any size, Any shape.
Please join us!

1ST CLASS FREE
or
\$10 OFF ANY PUNCH CARD
with printed copy of this ad.
Ask about other specials for new students!

307.680.7762 • 307.686.2722

810 Madison Street, Gillette • 680-7762 • wyoga.net
Located across Douglas Highway from Wal-Mart- next to Midas & FedEx

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	5:15-6:15 am PILATES FLOW <i>Angel</i>	5:15-6:15 am ALL LEVELS YOGA <i>Cindy</i>	5:15-6:15 am PILATES FLOW <i>Cindy</i>	5:15-6:15 am ENERGIZING FLOW <i>Cindy</i>			
6 am							
7 am							
8 am						8:00-9:15 am ALL LEVELS YOGA <i>Cindy</i>	
9 am	9-10 am SENIOR YOGA <i>at Senior Center</i>	9:15-10:15 am YOGA FUNDAMENTALS <i>Josiann</i>	9-10 am SENIOR YOGA <i>at Senior Center</i>	9:15-10:15 am YOGA FUNDAMENTALS <i>Josiann</i>	9-10 am SENIOR YOGA <i>at Senior Center</i>	9:30-10:45 am YOGA FUNDAMENTALS <i>Amy</i>	
10 am							
11 am							
12 pm	12:10-12:50 pm LUNCH BREAK YOGA <i>Lydia</i>		12:10-12:50 pm LUNCH BREAK YOGA <i>Laura</i>		12:10-12:50 pm LUNCH BREAK YOGA <i>Tracy/Laura</i>		
1 pm							
2 pm							
3 pm							
4 pm		4:25-5:25 pm FLOW RELAXATION <i>Cindy</i>		4:25-5:25 pm FLOW RELAXATION <i>Cindy</i>	4:30-6:00 pm HOT YOGA <i>Cindy</i>		4:00-5:00 pm FAMILY YOGA <i>Amy</i>
5 pm	5:20-6:20 pm HATHA YOGA <i>Laura</i>	5:35-6:35 pm PILATES FLOW <i>Tina</i>	5:20-6:20 pm VINYASA FLOW <i>Mike</i>	5:35-6:35 pm PILATES FLOW <i>Cindy</i>			
6 pm	6:35-7:45 pm ENERGIZING FLOW <i>Cindy</i>		6:35-7:45 pm ALL LEVELS YOGA <i>Amy</i>				
7 pm							

- ALL LEVELS YOGA** This gentle class focuses on postures, breathing and relaxation to develop strength, flexibility and body awareness. All levels welcome.
 - ENERGIZING FLOW** Be prepared to sweat. You will leave feeling vibrant, energized and centered.
 - FAMILY YOGA** Bring the family and enjoy a fun, natural and healthy way to exercise.
 - FLOW RELAXATION** Allow your body to flow and your mind to relax in this gentle practice.
 - HATHA YOGA** A more challenging class learning pranayama (breathing) with flow of poses.
 - HOT YOGA** A vigorous workout in a heated room vitalizes and restores your body.
 - LUNCH BREAK YOGA** Too busy to squeeze in a full yoga practice during the day or after work? Nourish your body and soul in this no-sweat 40 minute class.
 - PILATES FLOW** A challenging flow of Pilates and Yoga to build core strength and flexibility.
 - SENIOR YOGA** at the Senior Center A gentle flow class for those young in mind but experienced in body.
 - VINYASA FLOW** This class links postures and breathing with expert guidance in a more challenging format.
 - YOGA FUNDAMENTALS** Put the "fun" into learning the basics. All levels of students welcome.
- Personal training and private instruction available.**