

TAMARACK YOGA - SUMMER 2010

JUNE 21 – AUGUST 31

tamarackwellness.org • 541-484-6100

Monday

6:45 – 8:00 a.m. Solstice Yoga Retreat Series (6/21-6/25) \$50 (\$45 w/Passport)	Dave
9:30 – 11:00 a.m. Continuing Level Yoga	Dave
9:45 – 10:45 a.m. SilverSneakers® MSRROM (Muscular Strength Range Of Movement)	Janet
5:30 – 7:00 p.m. Continuing / Intermediate	Kate
5:45 – 6:45 p.m. <i>Beginning Yoga Hour</i>	Dave

Tuesday

6:45 – 8:00 a.m. Solstice Yoga Retreat Series (6/21-6/25) \$50 (\$45 w/Passport)	Dave
9:00 – 10:30 a.m. Anusara - Continuing/Intermediate	Michele
9:30 – 11:00 a.m. Gentle for Women	Donna
11:00 – 12:00 p.m. SilverSneakers® Chair Yoga Senior Stretch	Janet
5:45 – 6:45 p.m. <i>Beginning Power Hour Yoga</i>	Xóxó
6:00 – 7:30 p.m. All Levels – Anusara Yoga	Karen

Wednesday

6:45 – 8:00 a.m. Solstice Yoga Retreat Series (6/21-6/25) \$50 (\$45 w/Passport)	Dave
6:45 – 7:45 a.m. Wake Up Yoga Series (6/30-7/28) \$50 (\$45 w/Passport)	Dave
9:30 – 11:00 a.m. Beginning/Continuing	Donna
4:30 – 5:30 p.m. SilverSneakers® MSRROM (Muscular Strength Range Of Movement)	Janet
5:30 – 6:30 p.m. Gentle NIA Series (7/14-8/4) \$40	Janet
5:45 – 7:00 p.m. Yoga for Strength & Fitness	Laurie
7:15 – 8:45 p.m. Anusara – Beginning/Continuing	Michele

Thursday

6:45 – 8:00 a.m. Solstice Yoga Retreat Series (6/21-6/25) \$50 (\$45 w/Passport)	Dave
9:00 – 10:00 a.m. <i>Intermediate Power Hour Yoga</i>	Xóxó
9:30 – 11:00 a.m. Gentle for Women	Donna
12:00 – 1 p.m. All Levels (Donation Class)	Dave
5:45 – 6:45 p.m. <i>Beginning Yoga Hour</i>	Dave
6:30 – 7:30 p.m. Aqua Yoga (pool)	Donna
7:15 – 8:45 p.m. Anusara - Continuing/Intermediate	Michele

Friday

6:45 – 8:00 a.m. Solstice Yoga Retreat Series (6/21-6/25) \$50 (\$45 w/Passport)	Dave
9:30 – 11:00 a.m. Continuing Level Yoga	Dave
5:30 – 7:00 p.m. Happy Hour Yoga (All Levels)	Dave
5:45 – 7:45 p.m. Advanced Yoga Practice (6/18, 7/16, 8/20 only)	Tom

Saturday

8:00 – 9:30 a.m. Continuing/Intermediate	Tom
10:00 – 11:00 a.m. Aqua NIA (pool)	Katie
10:00 – 11:30 a.m. All Levels	Donna

Sunday

No Classes During Summer - Enjoy the Sun!

See Our Web Site For Class Descriptions!
www.tamarackwellness.org



Tamarack | Yoga Program

WELLNESS CENTER

3575 Donald St.
Eugene, Oregon 97405
541-484-6100
www.tamarackwellness.org

Fees:

	Regular	Discounted*
Drop-in	\$11	\$9
4 classes (use in 6 wks)	\$40	\$34
8 classes (use in 10 wks)	\$70	\$65

Unlimited Drop-Ins:

	Regular	Discounted*
30 Day unlimited	\$90	\$85
60 Day unlimited	\$170	\$155
90 Day unlimited	\$230	\$210
2-week unlimited (new students only)	\$25	

Special Rates:

	Regular	Discounted*
Senior Stretch	\$5	-
Yoga Hour	\$8	-

Date Updated: 6/17/10

Summer Passport to Yoga
Unlimited Drop-in Classes through August 31st for just \$150!

*Discounted rate is for students, seniors (60 and over), hospice volunteers, and prenatal classes.

30, 60 and 90 day unlimited cards receive a 25% discount on all series classes.

Please help keep class time sacred for all by turning off cell phones, not wearing cologne or scent and arriving on time.

Enhance Your Yoga Practice with our Fitness Program!

Those who sign up for a Fitness Membership Package, which includes an initial one hour orientation (\$25) with our Fitness Director Lori Zimmerman and a monthly membership of \$25, are eligible to receive a 20% discount on 4 or 8 class yoga cards. (Monthly Fitness membership payment must be made through automatic withdrawal.)