

# TAMARACK YOGA - SUMMER 2010

JUNE 21 – AUGUST 31

tamarackwellness.org • 541-484-6100

## Monday

---

9:30 – 11:00 a.m.	Continuing Level Yoga	Dave
9:45 – 10:45 a.m.	SilverSneakers® MSROM (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

---

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

---

9:30 – 11:00 a.m.	Beginning/Continuing	Donna
4:30 – 5:30 p.m.	SilverSneakers® MSROM (Muscular Strength Range Of Movement)	Janet
<b>5:30 – 6:30 p.m.</b>	<b>Gentle NIA Series (7/14-8/4) \$40</b>	<b>Janet</b>
5:45 – 7:00 p.m.	Yoga for Strength & Fitness	Laurie
7:15 – 8:45 p.m.	Anusara – Beginning/Continuing	Michele

## Thursday

---

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)	Terri
5:45 – 6:45 p.m.	<i>Beginning Yoga Hour</i>	Dave
7:15 – 8:45 p.m.	Anusara - Continuing/Intermediate	Michele

## Friday

---

9:30 – 11:00 a.m.	Continuing Level Yoga	Dave
5:30 – 7:00 p.m.	Happy Hour Yoga (All Levels)	Dave

## Saturday

---

8:00 – 9:30 a.m.	Continuing/Intermediate	Tom
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](http://www.tamarackwellness.org)**

**3575 Donald St.**  
**Eugene, Oregon 97405**  
**541-484-6100**

**Modified Schedule Starts in August**



# Tamarack | Yoga Program

WELLNESS CENTER

<b>Fees:</b>	<b>Regular</b>	<b>Discounted*</b>
Drop-in	\$11	\$9
4 classes (use in 6 wks)	\$40	\$34
8 classes (use in 10 wks)	\$70	\$65
 <b>Unlimited Drop-Ins:</b>		
30 Day unlimited	\$90	\$85
60 Day unlimited	\$170	\$155
90 Day unlimited	\$230	\$210
2-week unlimited (new students only)	\$25	
 <b>Special Rates:</b>		
Senior Stretch	\$5	-
Yoga Hour	\$8	-
1 hour Private Lesson	\$60	-
1.5 hours Private Lesson	\$80	-
2 hours Private Lesson	\$100	-

Date Updated: 7/26/10

**Summer Passport to Yoga**  
Unlimited Drop-in Classes through August 31<sup>st</sup> for just \$100!

\*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.

Schedule subject to change, please visit the web site for the most current information.

**[www.tamarackwellness.org](http://www.tamarackwellness.org)**

**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.)