

TAMARACK SUMMER 2009 SCHEDULE

Through August 30th

(Modified Schedule 8/16 - 8/30)

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Monday

9:30 – 11:00 a.m.	Continuing Level Yoga	<i>Dave</i>
4:30 – 5:30 p.m.	Classic NIA	<i>Katie</i>
5:30 – 7:00 p.m.	Intermediate / Advanced	<i>Sam</i>
5:45 – 7:15 p.m.	Prenatal Yoga	<i>Lynne</i>
7:00 – 8:00 p.m.	Move, Breathe, Strengthen Series (pilates inspired) 7/6 - 8/3	Lori

Tuesday

9:00 – 10:30 a.m.	Continuing/Intermediate	<i>Jean</i>
9:30 – 10:30 a.m.	Move, Breathe, Strengthen Series (pilates inspired) 7/7 - 8/4	Lori
9:30 – 11:00 a.m.	Gentle for Women	<i>Donna</i>
11:00 – 12:00 p.m.	Senior Stretch / SilverSneakers® Yoga	<i>Janet</i>
5:45 – 7:15 p.m.	Beginning / Continuing	<i>Lynne</i>
6:00–7:30 p.m.	Anusara Inspired–All Levels	<i>Karen</i>

Wednesday

7:00 – 8:00 a.m.	Wake Up Yoga (through 8/12)	Christine
9:30 – 11:00 a.m.	Beginning/Continuing	<i>Donna</i>
11:45 – 1:00p.m.	Qigong Beginning/Continuing	<i>Oliver</i>
4:15 – 5:15	Gentle NIA	<i>Janet</i>
5:45 – 7:15 p.m.	Beginning/Continuing	<i>Will</i>
7:15 – 8:45 p.m.	Anusara – Beginning/Continuing	<i>Michele</i>

Thursday

9:00–10:30 a.m.	Continuing/Intermediate	<i>Sam</i>
9:30–11:00 a.m.	Gentle for Women	<i>Donna</i>
12:00 – 1 p.m.	All Levels (Donation Class)	<i>Dave</i>
5:45–7:15 p.m.	Gentle Beginning	<i>Lynne</i>
7:15 – 8:45 p.m.	Anusara - Continuing/Intermediate	<i>Michele</i>

Friday

8:45 – 9:30 a.m.	Mantra Meditation (Free!)	<i>Donna</i>
9:30 – 11:00 a.m.	Continuing Level Yoga	<i>Donna</i>
4:30 – 5:30 p.m.	Classic NIA w/ World Music!	<i>Katie</i>
5:30 – 7:00 p.m.	Happy Hour Yoga (All Levels)	<i>Dave</i>

Saturday

7:45 – 9:00 a.m.	Aqua NIA (register at the pool)	Katie
8:00 – 9:45 a.m.	Continuing/Intermediate	<i>Tom</i>
10:00 – 11:30 a.m.	Simply Yoga–All Levels	<i>Lynne</i>

Sunday

9:30 – 11:00 a.m.	Shoshi Yoga (All Levels)	<i>Shoshanah</i>
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3575 Donald St.
 Eugene, Oregon 97405
 484-6100
 www.tamarackwellness.com

	Regular	Discounted* Passport Series Discount**
Fees:		
Drop-in	\$11	\$9
4 classes (use in 6 wks)	\$40	\$34
8 classes (use in 10 wks)	\$70	\$65
Unlimited Drop-Ins:		
30 Day unlimited	\$90	\$85
60 Day unlimited	\$170	\$155
90 Day unlimited	\$230	\$210
2-week unlimited (new students only)	\$25	
Special Rates:		
Move, Breathe, Strengthen Drop-in (pilates inspired) 7/6 - 8/4	\$10	
Wake Up Yoga Drop-in	\$8	-
Senior Stretch	\$5	-
Mantra Meditation	free	-
NIA Drop-in	\$8	-
NIA 8 Class Pass	\$54	-

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