

TAMARACK YOGA - WINTER 2010

tamarackwellness.org • 541-484-6100

Series In Bold

Monday

9:30 – 11:00 a.m.	Continuing Level Yoga	Dave
9:45 - 10:45 a.m.	SilverSneakers® MSR0M (Muscular Strength Range Of Movement)	Janet
5:30 – 7:00 p.m.	Continuing / Intermediate	Kate
5:45 – 7:15 p.m.	Prenatal Yoga	Lynne

Tuesday

6:30 – 8:00 a.m.	The Heart of Yoga Series (1/12 – 3/2) - \$75(8 wks)	SERIES	Grace
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 – 7:15 p.m.	Gentle Beginning Yoga		Lynne
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® MSR0M (Muscular Strength Range Of Movement)		Janet
5:30 - 6:30 p.m.	Gentle NIA Series (2/3 – 2/24) - \$40/\$38 (4 wks)	SERIES	Janet
5:30 - 7:00 p.m.	Yoga for Strength & Fitness		Laurie
5:45 – 7:15 p.m.	Beginning/Continuing		Grace
7:15 – 8:45 p.m.	Anusara – Beginning/Continuing		Michele

Thursday

9:00 – 10:30 am	Continuing/Intermediate (starts 1/28)		Andrew
9:30–11:00 a.m.	Gentle for Women		Donna
12:00 – 1 p.m.	All Levels (Donation Class)		Dave
5:45 – 7:00 p.m.	Intro To Yoga Series (2/4 – 3/11) - \$65/\$60(6 wks)	SERIES	Dave
6:00 – 7:30 p.m.	Anusara - Continuing/Intermediate		Michele
6:30 – 7:30 p.m.	Aqua Yoga (pool)		Donna

Friday

9:30 – 11:00 a.m.	Continuing Level Yoga		Donna
5:30 – 7:00 p.m.	Happy Hour Yoga (All Levels)		Dave
5:45 – 7:45 p.m.	Advanced Yoga Practice (1/15, 2/19, 3/19)		Tom
6:00 – 8:00 p.m.	Restorative Yoga - (3/12, \$20)		Donna

Saturday

8:00 – 9:30 a.m.	Continuing/Intermediate		Tom
9:30 – 10:45 a.m.	Aqua NIA (pool)		Katie
9:30 – 11:00 a.m.	Beginning Series (1/9 - 3/13) - \$90/\$84(10 wks)		Dave
10:00 – 11:30 a.m.	Royal Yoga (All Levels)		Andrew

Sunday

9:30 – 11:00 a.m.	Shoshi Yoga (All Levels)		Shoshanah
Noon - 3:00 p.m.	Yoga Intensive Series - (3/21, \$25)		Andrew



Tamarack | Yoga Program

WELLNESS CENTER

3575 Donald St.
Eugene, Oregon 97405
484-6100

www.tamarackwellness.com

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	-

Date Updated: 3/04/10

*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.)