

Wantagh Yoga

2855 Jerusalem Avenue, Wantagh NY 11793. **(effective 4.4.26)** Reach us via email: medwellyoga@gmail.com. Our main phone line (516) 755.5855 is remotely monitored www.medwellspa.com Classes are 55 minutes long unless otherwise noted. Arrive no less than 10 minutes prior to class and observe proper yoga etiquette by removing your shoes, silencing your phones and whispering in the studio. Class assignments are subject to change at any time. On time monthly members in good standing have priority studio access at all times and in all classes. 10 class passes expire 3 months from 1st class redemption. Please bring your own mat and **DO NOT ATTEND CLASS** if you feel unwell. **Text "MEDWELLVIP" to 844.987.4105** to join our text messaging system. Like us on Facebook "Medwellspa and Yoga Studio," "Medwellspa Online," Instagram @medwellspa, @medwellyoga. Monthly yoga commitment can be changed only in writing with a minimum of 10 days written notice via email. Drop-in rate of \$30 may be applied to any new membership commitment if made on the same calendar day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	745am Gentle Yoga Patty	745am Gentle Yoga Sea Gypsy		8:15am Mat Pilates Marilyn Sky	8am Gentle Yoga Chrissy S. (Sub Patty)	8am Vinyasa Nicholas
930am Hatha & Stretch Rebecca	930am Pilates Marilyn Sky	930am Vinyasa Marilyn Sky	930am Qi Gong Move, Meditate Marilyn Sky	930am Vinyasa Marilyn Sky	930am Vinyasa Sea Gypsy	930am Gentle Yoga Antonella
11am Gentle and Restore Rebecca	11am Hatha Flow Marilyn Sky	11am Gentle Yoga Marilyn Sky	11am Restorative Yin Marilyn Sky	11am Gentle Yoga Marilyn Sky	11am Open Level Michelle	11am Vinyasa Michelle
			1230pm Hatha Vinyasa Flow Keri Hawk			
430pm Vinyasa Kara	430pm Flow, Core & Restore Jennifer	430pm Vinyasa Esther	430pm Yoga Sculpt (Optional Weights) Megan			
6pm Gentle Yoga Jackie	6pm Yoga & Pilates Karen	6pm Yin Yoga Marilyn Sky	6pm Mobility Flow Nicholas	POP UP CLASSES STAY TUNED!		
730pm Hatha Sea Gypsy	730pm Open Level Flow Nicholas	730pm Workshop Wednesdays! MEMBER PERK! (No Passes)	730pm Yin & Restorative New: Michelle			

Wednesday 730pm will be "Workshop Wednesdays," with a different specialist offering maximum 4x each month. These value-added experiences are included in Monthly Membership studio commitments at no additional charge/no RSVP needed just attend as you usually do. Unfortunately, No punch cards or Discounted/guest passes will be honored Wednesdays at 730pm; Non-Member a la carte Drop-in Rate: \$30. The themes each week will vary and will be communicated on social media, via email and in studio.

Enjoy all of the Benefits of Monthly Membership!

\$45/month- access up to any 5 classes of your choice each 30 days

\$69/month- access up to any 10 classes of your choice each 30 days

\$89/month-unlimited monthly access