

Amityville Winter 2020

(updated 1.30.20)

55C Merrick Road Amityville,
NY 11710 516.755.5855

YOGA - PILATES - BARRE - MEDITATION

Check us out online at: www.medwellspa.com for all class updates and information; all classes are 55 minutes unless otherwise noted, **no passes= members only, pls** "Like" us on Facebook, "Medwell Spa and Yoga Studio" Review us on Yelp and receive a gift! We appreciate your feedback. * instructor assignments are subject to change at any time. **Text "MEDWELLVIP" to 51660 for text updates. RSVP for your first, complimentary class pass.**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am Vinyasa All Levels (Christine)	8:00am Mat Pilates (Ekat)	8:00am Vinyasa All Levels (Donavin)	8:00am Mat Pilates (Ekat)	8:00am Gentle Yoga All Levels (Colleen)	8:00am Gentle Yoga (Katie)	8:00am Gentle Yoga All Levels (Susan)
9:15am Gentle Yoga All Levels (Christine)	9:15am Beginners Vinyasa (Ekat)	9:15am Barre Fusion (Ekat)	9:15am Gentle Yoga (Ekat)	9:15am Vinyasa All Levels (Colleen)	9:15am Vinyasa Yoga All Levels (Katie)	9:15am Dharma Yoga (no passes, pls) (Ora)
10:30am Core Floor and Restore Yoga (Christine)		10:30am Mat Pilates (Ekat)		10:30am Gentle Yoga (no passes) (Colleen)	10:30am Warm Vinyasa Level II (Marie)	10:30am Vinyasa All Levels (Ora)
5:00pm Vinyasa All Levels (Teeny)	5:00pm Yin Yoga All Levels (Jackie)	5:00pm Slow Flow Yoga All Levels (Katie)	5:00pm Restorative Hatha Yoga (Katie)	5:00pm Vinyasa All Levels (Grace)		
6:00pm Flow and Restore Yoga All Levels (Teeny)	6:00pm Vinyasa All Levels (Colleen)	6:00pm Vinyasa Yoga All Levels (Katie)	6:00pm Slow Flow Yoga All Levels (Jodi)			
7:00pm Gentle Yoga All Levels (Teeny)	7:00pm Restorative (Colleen)	7:00pm Yin Yoga All Levels (Kim)	7:15pm Yin Yoga All Levels (Colleen) ends 01.30.20			
8pm Prenatal ends 1.27.20 moves to 6pm Farmingdale Wednesdays effective 2.5.20						