

--- Wantagh Yoga 2025 ---

2855 Jerusalem Avenue, Wantagh NY 11793. **(effective 11.13.25)** 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 6 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 NEW: Patty	745am Gentle Yoga Sea Gypsy	8am Gentle Yoga New: Keri	8:15am Mat Pilates Marilyn Sky	8am Gentle Yoga Chrissy S. (Sub TBA Dec-April)	8am Vinyasa Nicholas
930am Hatha Flow 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 Restorative Yoga 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
430pm Vinyasa Kara	430pm Flow, Core, Restore New: Jennifer	430pm Vinyasa Esther	430pm Yoga Sculpt (Optional Weights) Megan		Saturday Afternoon Workshops are Coming! Stay Tuned!	Select Sundays Women's Circle* 436-6pm (registration & pre- payment required)
6pm Gentle Yoga Jackie	6pm Yoga & Pilates Karen	6pm Yin Yoga Marilyn Sky	6pm Vinyasa Nicholas	POP UP CLASSES STAY TUNED!	Spring 2026 Yoga Teacher Training	Spring 2026 Yoga Teacher Training
730pm Hatha Sea Gypsy	730pm Open Level Flow Nicholas	730pm Workshop Wednesdays! MEMBER PERK! (Starts 10.1.25)	POP UP CLASSES TBA STAY TUNED!	Select Friday Night Open Level Happy Hour Yoga Coming this Season! Stay Tuned!		

Until further notice and Effective 9.21.25 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 but will follow the following general outlines:

First Wednesday of each Month: Satsang Kirtan, Yoga Nidra and more

Second Wednesday of each Month: Sound Healing & Singing Bowls

Third Wednesday of each Month: Moments of Expansion:

Somatic Reset, Nervous System Regulation, Dharma talks, resilience, presence and power, conscious relationships