

Medwell Wantagh SPRING 2024

(effective 3.1.24) 2855 Jerusalem Ave, Wantagh NY 11793 www.medwellspa.com

Classes are 55 minutes long unless otherwise noted. Arrive no less than 10-15 minutes early 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. Drop in \$30/class effective 3.1.24; On time monthly members have priority studio access. 10 class passes are available for purchase for \$200 and expire in 6 months from the date of purchase.** Please bring your own mat and **DO NOT ATTEND CLASS if you are experiencing a cough, cold, fever or ANY flu-like symptoms.** Masks are optional at all classes.

Text "MEDWELLVIP" to 51660 to join our text messaging system. Like us on Facebook "Medwellspa and Yoga Studio" Instagram @medwellspa and @medwellyoga. Enjoy your class, be kind- spread JOY. Be safe, have fun, be the light that you wish to see. Choose positivity and believe in the best of others; we encourage you to live as your highest and best self! Step into your authentic power and thrive 😊 The time to level up is now. Today is a gift! Treasure it as such. Know that tomorrow is not promised.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7am Ashtanga Yoga 45 minutes Ekaterina		7am Ashtanga Yoga 45 minutes Ekaterina			
	8am Gentle Yoga Ekaterina	8am Gentle Yoga Sea Gypsy	8am Open Level Ekaterina	8am Mat Pilates Coming Soon	8am Gentle Yoga Chrissy S.	8am Samavaya Nicholas
930am Yoga Fundamentals Tracey S.	930am Tai Chi Marilyn Sky	930am Intermediate Yoga Marilyn Sky	930am Tai Chi Fusion Marilyn Sky	930am Intermediate Yoga Marilyn Sky	930am Vinyasa Sea Gypsy	930am Gentle Yoga Antonella
11am Restorative Tracey S.	11am Intermed. Yoga 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 Express Barre 45 minutes Ekaterina		1230pm Express Pilates 45 minutes Ekaterina			
430pm Vinyasa Kara	430pm Hatha Kara	430pm Vinyasa Kim	430pm Open Level Marybeth			
6pm Gentle Yoga Jackie	6pm Vinyasa with Core Chrissy S	6pm Yin effective 3.1.24 Marilyn Sky	6pm Samavaya Nicholas			Full Moon Ceremonies TBA Womens Circle TBA
730pm Hatha All Levels Grace	730pm Samavaya Nicholas	730pm Hatha All Levels Effective 3.1.24 Amanda Lynn	TBA Master Classes Workshops Special Events	7pm Gentle Yoga Elisa		

Please enter through the side door on Oakfield Avenue at the intersection of Jerusalem Avenue. You are welcome to call ahead to reserve your spot in class no more than 30 minutes ahead of time 516.755.5855 or email us: medwellspayoga1@gmail.com. Admittance is otherwise on a first come, first served basis and at the discretion of the instructor and team receptionist. Enjoy \$0 Registration fee through 2025; pay just \$37/month for up to 5 classes of your choice every 30 days, \$57/month for up to 10 classes of your choice every 30 days, or \$77/month for unlimited class access. Cancel anytime; please give us up to 14 days to process your cancelation request via email to medwellspayoga1@gmail.com. DROP-IN RATE: \$30/class no RSVP, space permitting; Non-Members must adhere to yoga etiquette; 18+ pls. Annual Maintenance is applied to all accounts each new calendar year. **Late yogis in any time slot may not be granted entrance into the studio space. Ensure to arrive on time no less than 10 min before class start time out of respect for your own practice and that of others. Follow us on Instagram: @medwellspa, @medwellyoga**