--- Wantagh Yoga ---

$10 First Time Attendee Special! 2855 Jerusalem Avenue, Wantagh NY 11793 **(effective 11.2.26**) The fastest way to reach us is 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. Workshop Wednesdays 730pm is a Monthly Member Exclusive Perk (no-punch cards, sorry).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(Meditation Coming Soon)	745am Gentle Morning Flow Patty	745am Gentle Yoga Sea Gypsy		8:15am Prana Sculpt Marilyn Sky	8am Gentle Morning Flow Chrissy S. (Sub Patty)	8am Vinyasa Nicholas
930am Hatha & Stretch Rebecca	930am Prana Sculpt 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 Therapeutic Yoga & Sound Marilyn Sky	11am Gentle Yoga Marilyn Sky	11am Open Level Michelle	11am Vinyasa Michelle
Private Yoga 1-4pm	Private Yoga 1-4pm	Private Yoga 1-4pm	Private Yoga 1-4pm	Private Yoga 1-4pm		
430pm Vinyasa Kara	430pm Flow, Core & Restore Jennifer	430pm Vinyasa Esther	430pm Yoga Sculpt (Optional Weights) Megan	Private Yoga Parties and Private Classes available ★	**Arriving Feb 2027: 200 Hr Yoga Teacher Training** Marilyn Sky ❀	**Arriving Feb 2027: 200 Hr Yoga Teacher Training** Marilyn Sky ❀
6pm Gentle Yoga Jackie	6pm Yoga & Pilates Karen	6pm Yin Yoga Marilyn Sky	6pm Gentle Yoga + Meditate Nicholas		**Yoga Parties and Private Classes** available ★	**Yoga Parties and Private Classes** available BOOK CLUB TBA
730pm Hatha Sea Gypsy	730pm Open Level Flow Nicholas	730pm ♥ Workshop* Wednesdays! (updated monthly)	730pm Yin & Restorative Michelle	**Arriving February 2027:200 Hr Yoga Teacher Training Marillyn Sky** ❀	Stay Tuned: Puppy Yoga TBA 🐾	*Follow us on Social Media for weekly updates and announcements

No punch cards or Discounted/guest passes will be honored Wed at 730pm; Non-Member a la carte Drop-in Rate: $30. Themes will vary and will be communicated on social media, via email and in studio. 10 Class Punch Cards will be priced at $250 eff 10.1.26. **Ask us about Founding Member Referral Specials** ♥

Monthly Membership has its Privileges! Enjoy all the Benefits of being a Monthly Member!

$49/month- access up to any 5 classes of your choice each 30 days including Workshop Wed ($59 Annual Maintenance)

$75/month- access up to any 10 classes of your choice each 30 days including Workshop Wed ($59 Annual Maintenance)

$95/month-unlimited monthly access including Workshop Wednesday ($59 Annual Maintenance)

Ask us about our Referral opportunities! Earn Monthly Membership Credit and More!