

# Spring Yoga 2025 Wantagh

2855 Jerusalem Avenue, Wantagh NY 11793. (effective 03.21.25) Reach us via email: [medwellyoga@gmail.com](mailto:medwellyoga@gmail.com). Our main phone line (516) 755.5855 is remotely monitored [www.medwellspa.com](http://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 date of 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am Yoga & Pilates Rebecca (starts 4.7.25)	745am Gentle Yoga Sea Gypsy (Sub: Amanda March-April)	745am Gentle Yoga Sea Gypsy	8am Hatha Flow Marilyn Sky	8:15am Mat Pilates Marilyn Sky	8am Gentle Yoga Chrissy S.	8am Vinyasa Nicholas
930am Vinyasa Lakshmi	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 Lakshmi	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 Hatha Flow Lakshmi	430pm Vinyasa Kim	430pm Yoga Sculpt (free weights) Megan		Yoga Teacher Training	Yoga Teacher Training
6pm Gentle Yoga Jackie	6pm Yoga & Pilates Chrissy S (Sub: Michelle March-June)	6pm Yin Yoga Marilyn Sky	6pm Vinyasa Nicholas	TBA Pop Up Classes Workshops Special Guests		Monthly Women Circles Marilyn
730pm Yoga Sculpt (free weights) Sea Gypsy	730pm Vinyasa Nicholas	730pm Gentle Yoga Elisa	TBA Special Events Master Classes Yoga Teacher Training	Yoga Teacher Training		

Please enter through the side door on Oakfield Avenue at the intersection of Jerusalem Avenue. You are welcome to email ahead to reserve your spot in class no more than 30 minutes ahead of time: [medwellyoga@gmail.com](mailto:medwellyoga@gmail.com). Admittance is otherwise on a first come, first served basis and at the discretion of the instructor and receptionist. **You may cancel at any time, but you must do so in writing via email to [medwellyoga@gmail.com](mailto:medwellyoga@gmail.com) with 14 days advance notice of any billing cycle to process.** This is non-negotiable. Annual Maintenance applies to all active and frozen accounts on the 1<sup>st</sup> day of each new calendar year. All participants must sign a waiver and adhere to proper yoga etiquette at all times; 18+ pls. **Late yogis in any time slot may not be granted entrance into the studio space. Be respectful of our shared, sacred space. Wear proper yoga attire, please. Do not attempt to "cross over or move other yogis' mats. If you have any concerns, please mindfully inform the instructor and/or receptionist. Improper etiquette will not be tolerated at any time, in any class or in any manner. Punch card holders are truly non-members, only and enjoy discounted "drop in" access. We do offer provide "free" guest passes but can honor a discounted drop in for first time attendees; please email for more information. Drop-in rate of \$30 may be applied towards any new Membership Commitment if made on the same calendar day as the drop-in class taken.**