

# Medwell Wantagh Spring Yoga Schedule

(effective 3.9.23) 2855 Jerusalem Ave, Wantagh NY 11735 [www.medwellspa.com](http://www.medwellspa.com)

Classes are 55 minutes long unless otherwise noted. Arrive no less than 10 minutes early and observe proper yoga etiquette by removing your shoes, silencing your phones and whispering in studio. Class assignments are subject to change at any time. **Drop in \$20/class; On time monthly members have priority studio access. 10 class passes are available for purchase for \$150 and expire in 6 months. Please bring your own mat and do not attend if you have any Covid-19 symptoms including cough, cold or fever. 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. We do not honor new, unredeemed Groupons. Please seek a refund directly from Groupon. 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; you can be and you are your highest and best self!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7am Ashtanga Yoga 45 minutes Ekat		7am Ashtanga Yoga 45 minutes Ekat			
	8am Gentle Yoga Ekaterina	8am Gentle Yoga Sea Gypsy	8am Intermediate Flow Ekaterina		8am Gentle Yoga Chrissy S.	8am Samavaya Yoga Nicholas
930am Intermediate Yoga Tracey S.	930am Tai Chi Marilyn Sky	930am Intermediate Yoga Marilyn Sky	930am Beginners Tai Chi Fusion Marilyn Sky	930am Intermediate Yoga Marilyn Sky	930am Intermediate Vinyasa Sea Gypsy	930am Gentle Yoga Nicholas
11am Advanced Yoga Tracey S.	11am Intermed. Yoga Marilyn Sky	11am Gentle Yoga Marilyn Sky	11am Restorative Yin Marilyn Sky	11am Gentle Yoga Marilyn Sky	11am Beginners Yoga Michelle	11am Vinyasa Michelle
	1230pm Express Barre 45 minutes Ekat		1230pm Express Pilates 45 minutes Ekat			
430pm Vinyasa Kara	430pm Beginners Hatha Kara	430pm Vinyasa Kim	430pm Beginners Yoga Level I Marybeth	4pm Beginners Yoga Tweens + Teens Starts 04.07.23 \$20 walk in		
6pm Gentle Yoga Jackie	6pm Vinyasa Chrissy S	6pm Kundalini Yoga Marilyn Sky	6pm Samavaya Yoga Nicholas	5pm* Community Class Donation Based Gentle Yoga Sea Gypsy/Kara		
730pm Hatha Flow All Levels Guest Instructors Grace returns 5.1.23	730-845pm Samavaya Yoga Nicholas	730pm Yin Yoga Marilyn Sky	730pm Master Classes and Special Events TBA	7pm Private Parties Private Lessons Special Interest Groups		*5pm Fridays moves to 530pm effective 04.07.23

To enter, use the side entrance on Oakfield Avenue and then exit out the Jerusalem Avenue doors after class to maintain one directional flow of patrons. You are welcome to call ahead to reserve your spot in class no more than 30 minutes ahead of time 516.755.5855. Admission is otherwise on a first come, first served basis depending on appropriate social distancing between all patrons. Livestream classes can be found on Namastream at a rate of \$12/month as an in studio supplement or stand alone option to your yoga practice; self manage via PayPal. Enjoy \$0 Registration fee through 2024; \$37/month for up to 5 classes of your choice, \$57/month for you to 10 classes of your choice, \$77/month for unlimited class access. Cancel anytime; please give us up to one week to process your cancellation request via email to [medwellspayoga@gmail.com](mailto:medwellspayoga@gmail.com) DROP IN RATE: \$20/class no RSVP, space permitting; Non-Members must adhere to yoga etiquette; 18+ pls.