

Medwell Wantagh Summer Yoga Schedule 5.1.22

2855 Jerusalem Ave, Wantagh NY 11735 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; Guest Passes cannot be honored at this time. On time monthly members have priority studio access. 10 class passes are eligible for entry (\$150).** 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 the best of others; you can be your highest and best self!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7am Express Morning Pilates 45 minutes Ekaterina		7am Express Morning Barre 45 minutes Ekaterina			
8am Morning Yin Nicholas	8am Gentle Yoga Ekaterina	8am Hatha Flow Sea Gypsy	8am Hatha Flow Ekaterina	8am Morning Restore Rebecca	8am Gentle Yoga Chrissy S.	8am Slow Flow & Sound Healing Nicholas
930am Vinyasa I 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 Beginners Vinyasa Michelle	930am Beginners Hatha Elisa
11am Vinyasa II Tracey S.	11am Intermediate Yoga Marilyn Sky	11am Gentle Yoga Marilyn Sky	11am Restorative Yin + Meditation Marilyn Sky	11am Gentle Yoga & Sound Healing Marilyn Sky	11am Vinyasa Michelle	11am All Levels Vinyasa Michelle
	1230pm Express Barre 45 minutes Ekaterina		1230pm Express Pilates 45 minutes Ekaterina			
430pm Vinyasa Kara	430pm Beginners Hatha Kara	430pm Gentle Yoga Kim	430pm Level I Yoga Marybeth	430pm Gentle Vinyasa Kara	YTT In Session	YTT In Session
6pm Gentle Jackie	6pm Vinyasa Chrissy S	6pm Advanced Yoga Marilyn Sky	6pm Samavaya Yoga Nicholas	6pm Intermediate Flow Sea Gypsy	YTT In Session	YTT In Session
730pm Hatha Flow Grace	730-845pm Samavaya Yoga Nicholas	730pm Yin & Sound Healing Marilyn Sky	730pm Open Flow Sea Gypsy	Special Events Master Classes TBA	Workshops TBA	Workshops TBA

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 2023; \$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 DROP IN RATE: \$20/class no RSVP, space permitting; Non-Members must adhere to yoga etiquette; 18+ pls.