



The Studio for Dance, Yoga and Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			9:30-10:30am All levels Yoga Nicholas		9:00-10:15am All levels Yoga Carissa F.	
		6:30-7:30pm Zumba* Carole K. / Joann H.	5:00-7:00pm Community Acupuncture* Dr. Chul H. Han			
7:30-8:30pm Zumba* Rocio G.						

All Yoga/Fitness Classes are \$12 per drop-in, \$55 for a 5 class card, \$100 for a 10 class card. Cards do not expire. Please understand that in order to keep cost down we only accept cash or check.

* These classes are taught by independent instructors renting space, and are not part of Manchester Yoga Center's classes. Please contact the instructors directly, see the schedule page at www.manchesteryogacenter.com for contact information.

Studio is located directly off exit 2 of 384.
In the same plaza as the Cosmic Omelete, facing Hartford Road.

485 Hartford Road, Manchester, CT 06040

Contact Carissa Field, Director if you have any questions or need more information:

860.268.5388

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www.ManchesterYogaCenter.com