



June 1 – July 11th, 2010

Class Schedule

CLASS SCHEDULE June 1st – July 11th
The Wellness Solution, 366 U.S. Route 1, Falmouth

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM CLASSES	8:30-9:30 am Yoga – Morning Sun Salutations						8:00-8:55 a.m. Contemplative Yoga
AM CLASSES							
Noon CLASSES		12-12:45 pm Power Boot Camp				12-12:45 pm Power Boot Camp	
Evening CLASSES					5-6 pm – Contemplative Yoga		
Evening CLASSES			6:15-7:15 pm Power Boot Camp		6:15-7:15 pm Power Boot Camp		
* Please call ahead to reserve your spot (899-0727)							

Pricing: Drop-In Rates: \$15.00 per class Session Cost: 1 class/week for 6 weeks: \$75 2 classes/week for 6 weeks: \$144

Class Card: 10 classes: \$130

Please Note: All Sessions and Class Cards are nontransferable and nonrefundable. (Class Cards have a 6-month expiration)

See our website (www.thewellnesssolution.net) for more details!