



Class Schedule June 28-August 27, 2010
 114 Center Street, Wallingford 06492
 203-265-4419
 www.escapemindbody.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	9:30-10:30 am <u>Multi Level</u> (Christina) 5:30-6:30 pm <u>Zumba</u> (Melissa) 6:30-7:30 pm <u>Zumba</u> (Melissa) 7:45-8:45 pm <u>Yoga Flow & Re-store</u> (Jamie)	9:30-10:30 am <u>Yoga Blend</u> (Lauren) 5:45-6:45 pm <u>Mat Pilates</u> (Linda) 7:10-8:10 pm <u>Zumba</u> (Simone)	5:45-6:45 pm <u>Hot Yoga</u> (Christina) 7:00-8:00 pm <u>Multi Level Yoga</u> (Christina)	9:30-10:30am <u>Yoga Therapy</u> (Kellie) 5:45-6:45 pm <u>Stability Ball Work-out</u> (Linda) 7:00-8:00 pm <u>Vinyasa Flow</u> (Linda)	5:30 -6:30 pm <u>Zumba</u> (Kayt)	8:00-9:00 am <u>Multi Level Yoga</u> (Jane)

Workshops

Free Class on the Green
 Saturday August 7, 2010 9:45 AM

Join us at the Wallingford Farmers Market for a free yoga/pilates fusion class in front of the gazebo. Enjoy the sunshine, all levels welcome.



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Yoga Flow & Restore

A multi level flowing yoga practice followed by a longer relax and restore segment.

Hot Yoga

Heat extends the ability of the ligaments, tendons and muscles. Immersing yourself in hot yoga practice is said to release toxins, improve flexibility and range of motion. Increase the chances of weight loss, and build the immune system.

Intro to Yoga

Designed to introduce the new student to the principles of yoga practice. Learn all of the basics in a small, calm, non-intimidating environment.

Mat Pilates

This class is a contemporary approach on the teachings of Joseph Pilates for longer, leaner muscles, improved posture, and core strength and stability.

Multi Level Yoga

Practice developing balance, flexibility and strength with students of all levels. Modifications and variations are offered to increase or decrease intensity.

Yoga Therapy

A total yoga experience with a lot of hands on adjustments to expand your practice.

Vinyasa Flow

A breath-synchronized yoga class that uses continuous movement from one posture to the next, emphasizing mobility and range of motion while maintaining alignment and depth.

Yoga Blend

A modern approach that explores a variety of yoga styles to create and eclectic mix of breath and movement.

Stability Ball Workout

A total strength workout using the large stability ball, bands and pilates rings. Includes a concentration on core and balance.

Family Yoga

Yoga for the whole family to enjoy! This class will include a gentle introduction, encouragement of fun yoga poses and partner exercises.

In Town Walk

Meet at Serenity and walk for an hour around town, a little different route each week. \$10.00 for 5 weeks

Zumba

Have fun burning calories and energizing while moving to the beat of international and Latin music. Interval trains with fast and slow rhythms as you sculpt your body while burning fat.

Class sizes are limited to 15 maximum to uphold our intimate, hand-on atmosphere.

All students are encouraged to work within their own limitations. Please wear comfortable clothing and avoid heavy meals at least an hour before practice.

Regular Pricing:

8 week Class Session:\$80.00

25 Class Card:\$325.00 (exp in 7 months)

15 Class Card:\$210.00 (exp in 5 months)

Drop-in:\$15.00

Private Practice:\$75.00/hr

(24 hr cancellation notice required)

Semi-private Practice:\$40.00/hr/pp

(24 hr cancellation notice required)

Student & Senior Pricing:

10% off class cards

(Student ID Required)

Zumba:

Drop-in: \$9.00

8-week Class Session: \$56.00

Payment, Refund & Cancellation Policy:

Payment for all products, services and special programs is required in full at the point of sale. All sales are final, all payments for products and services are non-refundable and services are non-transferable. Escape reserves the right to cancel any program if minimum registration has not been met. A full refund will be issued for programs cancelled for this reason. Escape reserves the right to terminate an individual's enrollment in any program or membership at any time. If such termination is due, in the sole judgment of Escape, to the unsafe, disruptive, uncooperative, negligent, reckless or otherwise improper acts or omissions of, or violation of any policy or rule of a Escape studio by the client, all amounts previously

paid will be forfeited. In the unusual event that such cancellation is effected by Escape for reasons other than those set forth immediately above, i.e., a service must be cancelled mid-term, a prorated refund will be issued not later than 45 days after cancellation. **Expiration Policy:** Session passes purchased at Escape are non-refundable, non-transferable, and are valid only during that session. Up to one missed class during a session can be made-up in any other available class within the same session. Exceptions to the policy are permitted only due to illness or injury. If this applies to you, please inform the Escape Studio Manager immediately, so we may credit you for the amount of classes you will miss, starting from the date you informed us.