


KEY BISCAIYNE COMMUNITY CENTER GROUP YOGA SCHEDULE - FALL 2019

Classes are 90 minutes long and held in the Island Room - 2nd floor. Exception: Yoga for 55 Older is 60 minutes long and held in the Oasis Room.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM YOGA for 55 & Older <i>Kerstin</i>		8:00 AM YOGA for 55 & Older <i>Kerstin</i>		8:00 AM YOGA for 55 & Older <i>Kerstin</i>		
8:30 AM LEVEL 1 YOGA <i>Vero-VeroYoga & Co.</i>	8:30 AM GENTLE YOGA <i>Vero-VeroYoga & Co.</i>	8:30 AM LEVEL 1 YOGA <i>Vero-VeroYoga & Co.</i>	8:30 AM GENTLE YOGA <i>Vero-VeroYoga & Co.</i>	8:30 AM LEVEL 1 YOGA <i>Vero-VeroYoga & Co.</i>	9:30 AM POWER YOGA & STRETCH <i>Melanie</i>	9:30 AM LEVEL 2 YOGA <i>Vero</i> <i>VeroYoga & Co.</i>
	9:30 AM YOGA CORE & STRETCH <i>Arbey</i>					
10:00 AM YOGA <i>Arbey</i>		10:00 AM YOGA <i>Arbey</i>		10:00 AM YOGA <i>Arbey</i>		
7:00 PM POWER YOGA & STRETCH <i>Kerstin</i>		7:00 PM POWER YOGA & STRETCH <i>Kerstin</i>				
	6:30 PM KIDS YOGA <i>Nicole-VeroYoga & Co.</i>	7:00 PM TEENS YOGA <i>Nicole-VeroYoga & Co.</i>				

FEES

	MEMBERS	NON-MEMBERS
Yoga Classes for Adults by Arbey, Kerstin & Melanie	\$9 per class	\$15 per class
Yoga Classes for Adults by VeroYoga & Co.	\$18 /class or \$130 /10 class pass	\$21 /class or \$160 /10 class pass
Kids & Teens Yoga by VeroYoga & Co. (60 mins for ages 7-17 years in Oasis Room, 2nd floor)	\$12 /class or \$100 /10 class pass	\$14 /class or \$120 /10 class pass
Yoga for 55 & Older (60 minute class; takes place in Oasis Room, 2nd floor) For students who are at least 55 years old only. Maximum of 12 students. New students MUST speak to instructor before starting: Kerstin (786) 970-3636	\$48 per 8-punch pass	\$58 per 8-punch pass <i>(Member & Non-Member pass is also valid for Splash! Water Workout & Boomer Bootcamp)</i>

* SEE REVERSE FOR ADDITIONAL CLASSES *