

# PL · FALL 2024 · ADULT YOGA 16Y+

Pleasanton Tennis Center · 5801 Valley Ave · Office (925) 931-3449

Age 16+ · Registration Opens 7/17 at 10am · 8-week Sessions

Registration & Refund Policy: [lifetimeactivities.com/policies-refunds](https://www.lifetimeactivities.com/policies-refunds)

Please bring your own mat; loaner mats are limited.

## YOGA— Power Strength Building

Drop-in rate: \$25 per player per day

LEVEL	DAY	TIME	SESSION 1	RESIDENT \$	NON-RES \$	SESSION 2	RESIDENT \$	NON-RES \$
Power Strength building	MON	5:00PM-6:00PM	8/26 - 10/14	\$158	\$174	10/21 - 12/9	\$158	\$174
Power Strength building	TUE	8:30PM-9:30PM	8/27 - 10/15	\$158	\$174	10/22 - 12/10	\$158	\$174

## YOGA— Restorative

Drop-in rate: \$25 per player per day

LEVEL	DAY	TIME	SESSION 1	RESIDENT \$	NON-RES \$	SESSION 1	RESIDENT \$	NON-RES \$
Restorative	MON	6:10PM-7:10PM	8/26 - 10/14	\$158	\$174	10/21 - 12/9	\$158	\$174
Restorative	TUE	7:20PM-8:20PM	8/27 - 10/15	\$158	\$174	10/22 - 12/10	\$158	\$174

## YOGA— Slow Flow

Drop-in rate: \$25 per player per day

LEVEL	DAY	TIME	SESSION 1	RESIDENT \$	NON-RES \$	SESSION 2	RESIDENT \$	NON-RES \$
Slow Flow	MON	7:20PM-8:20PM	8/26 - 10/14	\$158	\$174	10/21 - 12/9	\$158	\$174
Slow Flow	TUE	6:10PM-7:10PM	8/27 - 10/15	\$158	\$174	10/22 - 12/10	\$158	\$174

## YOGA— Beginners 101

Drop-in rate: \$25 per player per day

CLASS	DAY	TIME	SESSION 1	RESIDENT \$	NON-RES \$	SESSION 1	RESIDENT \$	NON-RES \$
Beginners 101	MON	8:30PM-9:30PM	8/26 - 10/14	\$158	\$174	10/21 - 12/9	\$158	\$174
Beginners 101	TUE	5:00PM-6:00PM	8/27 - 10/15	\$158	\$174	10/22 - 12/10	\$158	\$174