

218 E Walnut Street in downtown Salina, Kansas

A WORK IN PROGRESS
Yoga Studio

Our **weekly class schedule** is on the back & class descriptions are on our website. Come join us morning, noon, or night.
Your first class is FREE!

5 WAYS TO DONATE FOR CLASSES:

FIRST TIME MEMBERS \$30 FOR 30 DAYS UNLIMITED

- 1 \$15 Drop-in donation per single class
- 2 \$40 Monthly reoccurring donation for 5 classes
- 3 \$65 Monthly reoccurring donation for unlimited classes
- 4 \$50 for a 5 Class Pass (no expiration, shareable)
- 5 \$90 for a 10 Class Pass (no expiration, shareable)

ALL LEVEL Classes for Newbs, Beginners, & Yogis

Any class can be modified to be an ALL LEVELS class. Make sure to read the class descriptions on the website before attempting classes for the first time. For beginners we recommend a slower moving class like **Yin Yoga** or **Yin+Yang** but you are welcome to jump in anywhere, at anytime, & just do what you can.

IAMAWORKINPROGRESS.COM
JOIN OUR FACEBOOK GROUP 'A WORK IN PROGRESS'

WEEKLY CLASS SCHEDULE

Mondays	9–10 am : Yoga Sculpt
	12–1pm : Yin + Yang
	5:45–6:45pm : Power Vinyasa *Hot 90°
	7–8pm : Yoga 101: BASICS
Tuesdays	5–6am : Power Vinyasa *Hot 90°
	12–1pm : Yin Yoga
	5:45–6:45pm : Yin + Yang
	7–8pm : Yin Yoga * DONATION ONLY \$1–15*
Wednesdays	5:30–6:30am : Yoga Sculpt
	9–10am : Vinyasa
	10:15–11am : Old Guy Yoga
	5:45–6:45pm : Hatha
Thursdays	12–1pm : Yin Yoga
	5:45–6:45pm : Vinyasa
Fridays	9–10am : Vinyasa
	6:30–7:30pm : 12–Step Yoga * FREE CLASS
Saturdays	9–10 am : Power Vinyasa *Hot 90°
	10:30–11:30am :Yin+Yang
Sundays	10:30–11:30am : Hatha