

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15 – 7:15am Align		6:15 – 7:15am Align			
9:15 – 10:30am Align	9:15 – 10:15am Core	9:15 – 10:30am Flow	9:15 – 10:15am Core	9:15 – 10:30am Align	9:15 – 10:30am Align	9:15 – 10:30am Align
12:00 – 12:45pm Gentle	12:00 – 12:45pm Gentle	12:00 – 12:45pm Gentle	12:00 – 12:45pm Gentle	12:00 – 12:45pm Gentle	11:00am – 12:15pm Flow	11:00am – 12:15pm Flow
4:30 – 5:45pm Align	4:30 – 5:45pm Flow	4:30 – 5:45pm Align	4:30 – 5:45pm Flow	4:30 – 5:45pm Flow	Check online for our Saturday workshops	4:00 – 5:15pm Gentle
6:30 – 7:45pm Flow	6:30 – 7:45pm Align	6:30 – 7:45pm Flow	6:30 – 7:45pm Align			

YogaBalance Yoga Studio • 603.625.4000 • YogaBalance.info
 135 Hooksett Road • North End • Manchester, NH 03104



Class Descriptions

Gentle: Gentle postures, easy flow sequences, and deep breathing release stress, reduce tension and promote relaxation.

Align: Longer-held postures create strength, deeper stretches create flexibility, and attention to alignment helps us refine and deepen our practice.

Flow: In this more vigorous class, we move from one posture to the next with each breath and explore more advanced poses and inversions.

Core: This class focuses on strengthening the primary muscles that stabilize the “core” of the body: the abdomen, back, buttocks, hamstrings and hip flexors.

Pricing Options	YB Fee	Seniors 62+ and Students
New Student One-Month Intro Special One month of unlimited yoga for first-time YB students. Limit one per person.	\$49	\$39
YogaBalance Monthly Membership Unlimited classes and free T-shirt. The fee is charged to your debit or credit card automatically each month on your sign-up date. Only a two-month commitment is required, and thereafter you may terminate prior to your next monthly payment by contacting us at Mail@YogaBalance.info or 603.625.4000 . Only credit and debit cards are accepted for YogaBalance Monthly Membership.	\$99	\$69
10-Class Pass 4-month expiry.	\$149	\$109
One Month Pass	\$125	\$95
Drop-In Class	\$17	\$12
Private Yoga Session Private yoga at your home or our studio. Up to three (3) students.	\$80	
6 Corporate Yoga On-Site Classes	\$500	

Complimentary, clean mats and towels are provided for your use.

Fees for workshops are non-refundable and are not subject to credit due to the teaching fees we must pay in advance. Monthly membership fees are non-refundable. Passes and memberships may not be shared. Please note that the minimum age for attending adult classes is 14 years.