



# YOGA CLASSES

PREVENTATIVE HEALTHCARE  
FOR EVERY BODY

**PUNCH CARD PAYMENT SYSTEM**  
**SAVES MONEY & FLEXES WITH YOUR SCHEDULE!**

## 2010 CLASS SCHEDULE

**EARLY BIRD YOGA** MON & WEDS 6:00 AM - 6:45 AM

Cost: \$6/class or \$60 for 12-class punch card

### **GENTLE MORNING STRETCH**

**SLEEP IN LATER, AND UNWIND WITH THIS THERAPEUTIC CLASS**

**MON & WEDS 8:00 AM - 8:45 AM**

Cost: \$6/class or \$60 for 12-class punch card

### **YOGA FOR BEGINNERS & BEYOND**

Thursdays, 5:00 PM - 6:15 PM \$10/class or \$75 for 8 class punch card

### **PRIVATE YOGA CLASS INSTRUCTION**

Available by appointment. Cost: \$30 per hour

INSTRUCTOR: PEG TOLIVER  
**CALL 467-3220 TO ENROLL**

**HEALTHY ARTS PHYSICAL THERAPY**

120 N. MAIN  
EUREKA, IL 61530

see updates on class offerings, and therapeutic services at our website

**WWW.HEALTHYARTSPT.COM**