



ELEVATE YOGA

New Students, \$ 16 for a week of Unlimited Yoga!
Plus, get **20% OFF** all regularly priced class packages during your first week!

OUR PACKAGES & PRICING

Single Drop-In	\$ 16
5 Class Package	\$ 75
10 Class Package	\$ 140
20 Class Package	\$ 260
One Month Unlimited (Auto-Renew, 3-month minimum)	\$ 99
4 Classes Per Month (Auto-Renew, 3-month minimum)	\$ 50
One Month Unlimited (No Contract)...	\$ 108
One Year Unlimited	\$ 999

www.elevateyogadenv.com

4926 East Colfax Avenue
Denver, CO 80220
(303) 478-4763

KIDS YOGA CLASSES- TEEN YOGA – PRENATAL – AND MORE!

For more information and to purchase visit
www.elevateyogadenv.com

* AUGUST SATURDAY ROTATION:

11:30 am – 12:30 pm
August 5 – Meditation Basics
August 12 – Baby & Me Yoga
August 19 – Yoga and Writing
August 26 – Restorative to Nidra

AUGUST TEACHER OF THE MONTH:

Attend any of Andrea’s classes as community classes for the month of August. This means, you can use your class package or, if you are experiencing financial hardship, attend for a donation of your choosing. Check out Andrea’s profile at elevateyogadenv.com!



HELP SAVE PAPER!



Please check our website for our class schedule or take a photo of this schedule to reference from your phone!

AUGUST 2017

Monday

5:30 am - 6:30 am
8:30 am - 9:30 am
5:45 pm - 7:00 pm
7:30 pm - 8:45 pm

Power & Strength
Gentle Yoga
Power Vinyasa
Revitalize and Restore
Rob
Morgan
Kristin P.
Lisa

Tuesday

5:30 am - 6:30 am
6:45 am - 8:00 am
10:15 am - 11:30 am
1:30 pm – 2:30 pm
4:30 pm - 5:30 pm
6:00 pm - 7:15 pm
7:30 pm - 8:30 pm

Kundalini Yoga
Restorative Yoga
Iyengar Yoga
Meditative Flow
Teen/Tween Yoga
Yin Yoga with Reiki
Yoga Nidra
Stacy
Stacy
Kila
Andrea
Kristin/Kate E.
Noelle
Noelle

Wednesday

5:30 am - 6:30 am
6:45 am - 7:45 am
12:00 pm - 1:00 pm
5:45 pm - 7:00 pm
7:30 pm - 8:45 pm

Align and Flow
Kundalini Yoga
Power Vinyasa
Heated Yoga
Vinyasa
Ashlyn
Stacy
Ashlyn
Emily W.
Courtney T.

Thursday

5:30 am - 6:30 am
6:45 am - 7:45 am
1:30 pm – 2:30 pm
5:45 pm - 7:00 pm
7:30 pm - 8:45 pm

Power Vinyasa
Gentle Yoga
Power Vinyasa
Align and Flow
Flow and Restore
Jamie
Emily W.
Nikki
Brit
Mary Lynn

Friday

6:45 am - 7:45 am
8:30 am - 9:30 am
12:00 pm - 1:00 pm
4:15 pm - 5:15 pm
5:45 pm – 7:15 pm

Restorative Yoga
Align and Flow
Revitalize and Restore
Kids Yoga
Summer Happy Hour –
Rotating Class, see web
schedule for details
Kate K.
Morgan
Nikki
Kate E.
Rotating

Saturday

8:30 am - 9:30 am
10:00 am – 11:00 am
11:30 am – 12:30 pm

Align and Flow
Women’s Flow/
PreNatal Friendly
*Saturday Special -
Rotating Class, see web
schedule for details
Estella
Estella/
Kristin P.
Rotating

Sunday

9:00 am - 10:00 am
10:30 am - 11:45 am
3:15 pm - 4:15 pm
4:30 pm – 5:30 pm
7:45 pm – 9:00 pm

Align and Flow
Vinyasa
Foundations
Yoga Nidra
Flow and Restore
Kristin P.
Nikki
Polina
Polina
Emily G.