



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.elevateyogadenver.com

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

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

HOLIDAY SCHEDULE:

Thanksgiving Day:

Two Classes Only (All others cancelled)

Advance Sign Up Recommended

Gratitude Flow to Restore

Thursday, November 23, 9:45am-11am

Vinyasa

Thursday, November 23, 11:30am-12:30pm

SPECIAL EVENTS:

Flow to Nidra LIVE

(regular class package rates apply)

Friday, November 24, 5:45pm-7:15pm

Sign up now at elevateyogadenver.com/events.

NOVEMBER TEACHER OF THE MONTH:

Jamie Kuttenkuler

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



HELP SAVE PAPER!



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

NOVEMBER 2017

Monday

5:30 am - 6:30 am
8:30 am - 9:30 am

Power & Strength
Gentle Flow/
Rob
Kaitlyn

5:00 pm - 5:30pm

Prenatal Friendly
Gentle Hip &
Shoulder Openers
Kate K.

5:45 pm - 7:00 pm

Power Vinyasa
Kristin

7:30 pm - 8:45 pm

Revitalize and Restore
Lisa

Tuesday

5:30 am - 6:30 am

Rising Flow
Mark

6:45 am - 7:45 am

Restorative Yoga
Kate K.

1:30 pm - 2:30 pm

Meditative Flow
Andrea

3:45 pm - 4:45 pm

Kids Yoga (Ages 5-8)
Alex

5:00 pm - 5:30pm

Express Power Flow
Kaitlyn

6:00 pm - 7:15 pm

Yin Yoga with Reiki
Noelle

7:30 pm - 8:30 pm

Restore to Nidra
Noelle

Wednesday

5:30 am - 6:30 am

Align and Flow
Kristin

6:45 am - 7:45 am

Kundalini Yoga
Stacy

12:00 pm - 1:00 pm

Power Vinyasa
Keely

5:00 pm - 5:30pm

Yoga Nidra Express
Alethea

5:45 pm - 7:00 pm

Heated Yoga
Emily W.

7:30 pm - 8:45 pm

Vinyasa
Courtney T.

Thursday

5:30 am - 6:30 am

Power Vinyasa
Jamie

6:45 am - 7:45 am

Gentle Yoga
Emily W.

1:30 pm - 2:30 pm

Power Vinyasa
Nikki

3:45 pm - 4:45 pm

Kids Yoga (Ages 9-12)
Alex

5:00 pm - 5:30pm

Balance & Stretch
Andrea

5:45 pm - 7:00 pm

Vin, Yin, Nidra
Janie

7:30 pm - 8:45 pm

Restorative Yoga
Monique

Friday

6:45 am - 7:45 am

Restorative Yoga
Kate K.

8:30 am - 9:30 am

Align and Flow
Andrea

12:00 pm - 1:00 pm

Revitalize and Restore
Nikki

5:45 pm - 7:00 pm

Restorative and Reiki
Stacy

*no class 11/24 due to
Flow to Nidra LIVE

Saturday

8:30 am - 9:30 am

Align and Flow
Estella

10:00 am - 11:00 am

Gentle Flow/
Estella/

Prenatal Friendly
Laurel

Sunday

9:00 am - 10:00 am

Align and Flow
Kristin

10:30 am - 11:45 am

Vinyasa
Nikki

4:15 pm - 5:30 pm

Restorative Yoga
Molly

6:00 pm - 7:00 pm

Yoga Nidra
Andy

7:30 pm - 8:45 pm

Flow and Restore
Emily G.