



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

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Denver, CO 80220
(303) 478-4763

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

HOLIDAY SCHEDULE:

Check the website for latest schedule updates!
-New Years Eve: Evening Classes Cancelled
-New Years Day: 5:30 am class cancelled, all other classes on regular schedule.

SPECIAL EVENTS:

New Year's Day Restorative Nidra Excursion, \$25
Monday, January 1, 2:00 pm - 4:00 pm

Flow to Nidra LIVE
(regular class package rates apply)
Friday, January 26, 5:45 pm - 7:15 pm

Yoga Book Club

(regular class package rates apply)

Sunday, January 14 and 28, 2:45 pm to 3:45 pm

January Book:
The Gift of Imperfection, Brene Brown

JANUARY TEACHER OF THE MONTH:

KAITLYN

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

Note: Highlighted text denotes recent changes

JANUARY 2018

Monday

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

Power & Strength
Gentle Flow/
Prenatal Friendly

Rob
Kaitlyn

5:00 pm - 5:30pm

Gentle Hip &
Shoulder Openers

Kate K.

5:45 pm - 7:00 pm

Power Vinyasa

Keely

7:30 pm - 8:45 pm

Revitalize and Restore

Courtney R.

Tuesday

5:30 am - 6:30 am

Power Vinyasa

Jamie

6:45 am - 7:45 am

Restorative Yoga

Kate K.

1:30 pm - 2:30 pm

Meditative Flow

Andrea

4:00 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

Restorative 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 R.

Thursday

5:30 am - 6:30 am

Bilingual Rising Flow

Michelle

6:45 am - 7:45 am

Gentle Yoga

Emily W.

1:30 pm - 2:30 pm

Power Vinyasa

Nikki

4:00 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

Molly

Friday

6:45 am - 7:45 am

Gentle 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 1/26 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/
Prenatal Friendly

Estella/
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.



HELP SAVE PAPER!



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