



Studio: 401-596-4209

Cell: 401-595-2860

WWW.YOGANITA.COM

93 Watch Hill RD -Westerly RI 02891

across From the Cooked Goose

Studio & Yoga Boutique Open
Swedish Massage, Deep Tissue
Bodywork & Reflexology

Private lessons in Yoga - Pilates
Reformer And Circuit

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:00 - 9:15 AM BAPTISTE POWER YOGA MARION	7:00 - 8:00 AM PILATES CIRCUIT ANITA	8:30-9:30 AM PILATES CIRCUIT ANITA	8:00 - 9:00 AM PILATES CIRCUIT ANITA	8:00-9:00 AM CARDIO & CORE HULA HOOPING MELISSA	7:30 - 8:30 AM PILATES CIRCUIT ANITA	8:00 - 9:20 AM YOGA ANITA
9:15 -10: 30 AM YOGA ANITA	8:00-9:00 AM PILATES CIRCUIT ANITA	9:30-11:00 AM YOGA ANITA	8:45-10:00 AM CORE YOGA TOBY	8:15-9:15 AM PILATES CIRCUIT ANITA	8:30-9:30 AM PILATES ANITA	7:30 - 8:15 AM CHANTING DAN
11:00 -12:00 PM PILATES CIRCUIT ANITA	9:15 -10:30 AM DHARMA MITTRA YOGA LISA	11:00-12:00 PM PILATES CIRCUIT ANITA	9:00 - 10:00 AM PILATES CIRCUIT ANITA	9:15-10:30 AM YOGA ANITA	9:15 -10:15 AM BOOT CAMP TAMALA	8:15-9:00 AM ZEN MEDITATION DAN
		11:30-12:45 PM RESTORATIVE YOGA -PRISCILLA				
3:00 - 4:00 PM PILATES CIRCUIT ANITA	9:15 -10:15 AM BOOT CAMP TAMALA	2:00 - 3:00 PM PILATES CIRCUIT ANITA	9:15 -10:15 AM BOOT CAMP TAMALA	TRY OUR NEW CLASSES LIKE HULA HOOPING AND OUR NEW OUTDOOR BOOT CAMPS!!!	9:30-11:00 AM YOGA ANITA	9:30 - 10:30 AM PILATES ANITA
ALWAYS CALL FOR UPDATES TO SCHEDULE 401-596-4209		3:30 - 4:30 PM PILATES ANITA	10:00-11:00 AM MOMMY & ME YOGA ANITA		3:30 - 4:30 PM YOGA ANITA	
CALL FOR RAINY DAY KIDS YOGA AND NEW CLASSES SEE OUR WEBSITE FOR INFORMATION YOGANITA.COM	4:30 - 5:30 PM PILATES CIRCUIT ANITA	4:30 TO 5:30 PM PRENATAL YOGA ANITA	5:30-6:30 PM PILATES ANITA	4:30-5:30 PM KIDS' YOGA ANITA Kids Yoga - \$10	4:30 - 5:30 PM PILATES CIRCUIT ANITA	10:30 - 11:45 AM BEGINNER / MODERATE YOGA ANITA
	5:30-6:30 PM PILATES ANITA	5:30 - 7:00 PM YOGA ANITA		5:30-6:30 PM PILATES ANITA	CALL FOR BOUTIQUE 401-595-2860 ALSO OPEN BEFORE AND AFTER CLASSES	12:30-1:30 PM PILATES CIRCUIT ANITA
	7:00-8:30 PM YOGA ANITA	7:00 - 8:15 PM DHARMA MITTRA YOGA LISA	7:00 - 8:30 PM YOGA ANITA	7:00 - 8:15 PM DHARMA MITTRA YOGA LISA		2:30 - 3:30 PM PILATES CIRCUIT ANITA

MAGGIE HANSON, LMT FOR MASSAGE
PHONE: (401) 339-9912
LISA GENCARELLI , LMT FOR MASSAGE
PHONE: (401) 219-0724

~SUMMER 2010~

PLEASE CALL FOR SCHEDULE UPDATES
CIRCUIT TRAINING: \$30 AN HOUR OR 2 PUNCHES ON CARD

Pilates Circuit is \$30 or 2 card punches
DROP IN - \$16
10 SESSION PASS - \$140
20 SESSION PASS - \$260
10 WEEK UNLIMITED PASS - \$400