

FAIRFAX STUDIO WINTER 2017 (14 WEEKS)

MONDAY JANUARY 2 - SUNDAY APRIL 9

Full fall registration fee is \$210 for all classes* | Partial registration (minimum of six classes) for \$16/class | Drop-ins \$20/class

Day/Time	Class	Instructor	Starts	Studio
MONDAY				
10:15am-11:45am	All Levels	Carol Confino	1/2	B
11:00am-12:15pm	Mat Pilates 1/2	Anna Mikheeva	1/2	A
12:00pm-1:15pm	Gentle/Level 1	Carol Confino	1/2	B
4:45pm-6:15pm	Level 1/2	Melinda Hofstetter	1/2	A
5:00pm-5:45pm	Kids (grades K-6) (*11 weeks = \$165)	Cynthia Maltentfort <small>no class 1/2, 1/16, 2/20</small>	1/9	B
6:00pm-7:30pm	Level 3	Vicki Christian	1/2	B
6:45pm-8:15pm	All Levels	Valerie Short / Michelle Kunz	1/2	A
7:45pm-9:00pm	Level 1	Melanie Mustone	1/2	B
TUESDAY				
7:00am-8:00am	All Levels	Cynthia Lim	1/3	B
8:00am-9:00am	Chinese Yoga (Tai Chi/Qi Gong)	Cynthia Maltentfort	1/3	A
10:00am-11:30am	Level 2	Cynthia Lim	1/3	A
10:15am-11:30am	Level 1	Deb Hertz	1/3	B
11:45am-1:15pm	Adaptive Yoga	Noralea Dalkin	1/3	B
4:30pm-6:00pm	Level 2	Rixie Dennison	1/3	B
6:00pm-7:15pm	Level 1	Terry Strayer	1/3	A
6:15pm-7:45pm	Yoga for Healthy Aging	Rixie Dennison	1/3	B
7:30pm-8:45pm	All Levels	Terry Strayer	1/3	A
WEDNESDAY				
9:00am-10:30am	Level 2	Cynthia Maltentfort	1/4	B
10:00am-11:00am	Yoga on the Ball	Noralea Dalkin	1/4	A
10:45am-12:00pm	Level 1	Cynthia Maltentfort	1/4	B
6:00pm-7:30pm	Level 2	Carol Confino	1/4	A
6:00pm-7:30pm	Level 3/4	Pat Pao	1/4	B
7:45pm-9:15pm	Yin Yoga	Valerie Short / Michelle Kunz	1/4	A
8:00pm-9:15pm	Level 1	Carol Confino	1/4	B
THURSDAY				
7:00am-8:00am	All Levels	Cynthia Lim	1/5	B
9:15am-10:30am	Level 1	Vicki Christian	1/5	B
10:45am-12:15pm	Bones & Balance	Carole Toulousy-Michel	1/5	B
10:45am-12:15pm	Level 2	Carol Confino	1/5	A
5:00pm-6:00pm	Chinese Yoga (Tai Chi/Qi Gong)	Cynthia Maltentfort	1/5	B
6:15pm-7:30pm	Level 1	Natalia Garcia-Valencia	1/5	A
6:30pm-7:45pm	Prenatal	Melinda Hofstetter	1/5	B
7:45pm-9:00pm	Mat Pilates All Levels	Natalia Garcia-Valencia	1/5	A
8:00pm-9:30pm	All Levels	Annie Welsh	1/5	B
FRIDAY				
10:00am-11:15am	Gentle/Level 1	Cynthia Maltentfort	1/6	A
10:15am-11:45am	Level 2/3	Vicki Christian	1/6	B
12:00pm-1:15pm	Level 2	Vicki Christian	1/6	A
12:00pm-1:15pm	Level 1	Deb Hertz	1/6	B
5:30pm-6:45pm	TGIF Yoga	Valerie Short / Michelle Kunz	1/6	B
7:00pm-8:15pm	Peaceful Practices	Rixie Dennison	1/6	B
SATURDAY				
9:00am-10:30am	Level 3	Cynthia Lim	1/7	A
9:15am-10:30am	Level 1	Dena Jensen	1/7	B
10:45am-12:00pm	Level 1	Stephanie Crews	1/7	A
10:45am-12:15pm	Level 2	Dena Jensen	1/7	B
SUNDAY				
9:00am-10:15am	Mat Pilates All Levels	Julia Hughes	1/8	A
9:15am-10:30am	Gentle/Level 1	Carol Confino	1/8	B
10:45am-12:00pm	Ayurveda Self-Care	Carol Confino	1/8	A
10:45am-12:15pm	All Levels	Anna Mikheeva	1/8	B
4:30pm-5:30pm	Middle & High Schoolers	Cynthia Maltentfort	1/8	A
5:00pm-6:15pm	Prenatal	Melanie Mustone	1/8	B
6:00pm-7:30pm	All Levels	Valerie Short /Michelle Kunz	1/8	A
7:00pm-8:00pm	Meditation	Jon Waterman	ongoing	B

FAIRFAX STUDIO

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In the Main Street Center shopping plaza on Rt. 236/Main Street, between Picket Road and Rt. 123 in Old Town Fairfax City.

Nearest Metro is Vienna on the Orange/Silver line.

Fairfax Cue bus service available from Vienna Metro.

703.525.9642 (YOGA) (Arlington)
703.934-9480 (Fairfax)
sunandmoonstudio.com
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DISCOUNTS FOR MULTIPLE CLASS REGISTRATIONS

Want to register for TWO weekly classes? **Take \$50 off the total cost.**

Want to register for THREE or more? **Take \$108 off your total.**

Multi-class discounts apply to full quarter registrations only, may not be shared between students, and may not be combined with other discounts.

Sun & Moon Yoga Studio is among the country's premier schools for the study and practice of yoga. We've shared our teachings with over 12,000 students since the early 1990s. We embrace a holistic approach to this ancient system of health and healing, offering our cherished students a well-rounded yoga education and practice to help them feel better inside and out. Our philosophy is based on an eclectic blend of hatha yoga traditions with instructors who share a strong passion for teaching and a commitment to giving students a nurturing home for exploring the art and science of yoga.

While this schedule is current as of printing, there may be changes. Please check our website at sunandmoonstudio.com for the most up-to-date information.