

PRENATAL Yoga & Strength Training

EVOLUTION

PRENATAL + FAMILY YOGA CENTER

September-December 2019

See Website for Schedule
Updates or Changes

Burlington 20 Kilburn St.

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Mon. 5:45pm Strength Training
Tues. 4:15pm Yoga
Wed. 5:45pm Yoga
Thurs. 12:30pm Yoga
Fri. 8:15am Yoga
Sat. 11:30am Yoga
Sun. 10:15am Yoga

Essex Junction 37 Lincoln St.

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Tues. 6 pm Yoga
Wed. 12:15 pm Yoga
Sat. 8:15 am Yoga

*Have you registered for your birth
classes yet? They fill quickly, so it's best
to reserve your spot early.*

www.evolutionprenatalandfamily.com

802.899.0339

