



# KCFITNESSLINK

## February Class Schedule

**Web:** [www.kcfitnesslink.com](http://www.kcfitnesslink.com)

**Email:** [info@kcfitnesslink.com](mailto:info@kcfitnesslink.com)

**Phone:** 816.256.4443

Monday	Tuesday	Wednesday	Saturday	Sunday
29 Tantra Yoga 8:30-9:30 p.m.	30	31 Tantra Yoga 8:30-9:30 p.m.	3 Power Yoga 9:00-10:30 a.m. Tantra Yoga 11:30-12:30 p.m.	4 Restorative Yoga 11-12:30 p.m.
5 Tantra Yoga 8:30-9:30 p.m.	6 PowerHour 6:30-7:30 p.m.	7 Tantra Yoga 8:30-9:30 p.m.	10 Power Yoga 9:00-10:30 a.m. Tantra Yoga 11:30-12:30 p.m.	11 Workshop \$30/ea Partner Yoga 5:00-7:30 p.m.
12 Tantra Yoga 8:30-9:30 p.m.	13	14 Tantra Yoga 8:30-9:30 p.m.	17 Power Yoga 9:00-10:30 a.m. Tantra Yoga 11:30-12:30 p.m.	18 Restorative Yoga 11-12:30 p.m.
19 Tantra Yoga 8:30-9:30 p.m.	20 PowerHour 6:30-7:30 p.m.	21 Tantra Yoga 8:30-9:30 p.m.	24 Power Yoga 9:00-10:30 a.m. Tantra Yoga 11:30-12:30 p.m.	25 Restorative Yoga 11-12:30 p.m.
26 Tantra Yoga 8:30-9:30 p.m.	27	28 Tantra Yoga 8:30-9:30 p.m.	1 Power Yoga 9:00-10:30 a.m. Tantra Yoga 11:30-12:30 p.m.	2 Workshop \$20 Intro to Yoga 2:00-4:30 p.m.

### Prices

Single class \$20  
 5 class pass, current members \$85  
 10 class pass \$150  
 Monthly pass\* \$200  
 Private group training\*\* \$8 per member

\*Expires 30 in days, includes workshops

\*\* For membership organizations and sports teams arranged by request

### New member special

5 class pass \$50

### Current member specials

**Referral program:** Refer a new member to class. After 3 referrals you receive one free class.

Bring a new member, share costs \$10 each

### Class Descriptions

**Tantra Yoga:** A style of yoga combining power yoga and tantra (clothes off).

**Intro to Yoga Workshop:** A workshop that explores history, the practice of yoga and meditation and the use of props.

**PowerHour:** A group personal training class using slow-speed resistance training with weights.

**Power Yoga:** Multi-level yoga class that links breath with movement in a flowing style.

**Restorative Yoga:** A gentle and restoring yoga practice emphasizing props and relaxation.

**Partner Yoga Workshop:** A workshop incorporating partner yoga and Thai massage.