



# Phoenixville

Winter 2012  
Weekly Class Schedule  
January 2 - April 1

www.vergeyogacenter.com  
550 kimberton road, phoenixville, pa  
610.935.2214



awakening our world one breath at a time.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
8:15		Flow	SS	Flow	SS		
8:30						Flow*	Flow*
9:30	Flow*	SS*	Flow*	SS*	Flow*		
10:00			Found			SS*	SS*
10:30		BNB*		BNB*			
12:00	SS	Flow	SS	Flow	SS		
6:00	Flow*	SS*	Flow*	SS*			
7:30	SS	BNB*	SS	BNB*			

Classes are 60 minutes unless otherwise noted. \* 75 minute class

**Brand New Beginner Series (BNB)**—This four week series, offered monthly, is the best place to start. Dive into the fundamentals. We teach principles that work to quickly improve posture, alleviate pain and focus your mind. Pre-registration is required.

**Stationary Series (SS)**—Build a strong foundation and correct imbalances. This class builds strength, stability, flexibility and focus. Accessible for beginners.

**Flow**—This vigorous class connects deep breathing and fluid movement with foundational poses and challenging variations.

**Foundations** - This non-heated, alignment based class provides every student with an optimal way to advance their practice and understand their bodies.

Visit our website for full list of class descriptions.

New Student Special!  
One week of unlimited  
classes for \$25.

## Class Cards and Unlimited Monthlys are valid at all Verge Yoga Centers

### Class Rates

Drop-in class	\$17
10 classes	\$145
20 classes	\$270
Unlimited monthly	\$165
3 month unlimited	\$450
Unlimited monthly auto-renew	\$135
Unlimited family (2) auto-renew	\$230

### Brand New Beginner Series (BNB) Rates

BNB series	\$130
BNB series student/senior	\$110

### Student & Senior Class Rates

Drop-in class	\$14
10 classes	\$120
Unlimited monthly	\$130
Unlimited monthly auto-renew	\$120

- Students must show valid, full-time I.D. at time of purchase
- Senior rate applies to those 62+
- All class cards have 1 year expiration date and are non-transferable

"Best of the Main Line"  
'05 - '11

www.vergeyogacenter.com





# Wayne

Winter 2012  
Weekly Class Schedule  
January 2 - April 1

www.vergeyogacenter.com  
250 w. lancaster ave., wayne, pa  
610.971.0518



awakening our world one breath at a time.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6:00		SS	Flow	SS			
7:15						SS	SS
8:00						aeroSling	
8:15	SS	SS	SS	SS	SS		
8:15	Flow		Flow		Flow		
8:30						Flow**	Flow*
9:00		Flow*	Found	Flow*	Found	Flow	SS
9:30	Flow*	aeroSling	Flow*		Flow*		
10:00	SS*		SS*		SS*		
10:30	aeroSling Core	BNB*	aeroSling Core	BNB*		SS*	SS*
10:30						Flow	Flow
12:00	Flow	Flow	Flow	Flow	Flow		
12:00	SS	SS	SS	SS	SS		
12:00					aeroSling		
4:00						SS*	SS*
4:00							Flow*
4:30		SS		SS	SS		
5:30			aeroSling Core				
5:30	SS	Flow	SS	Flow			
6:00	Flow*	SS*	Flow*	SS*	SS*		
7:00	aeroSling						
7:30	SS	Flow	SS	Flow			
7:30		BNB*		BNB*			

Classes are 60 minutes unless otherwise noted.\* 75 minute class \*\* 90 minute class



[www.vergeyogacenter.com](http://www.vergeyogacenter.com)

