

PL · WINTER 2025 · ADULT YOGA 16Y+

Pleasanton Tennis Center · 5801 Valley Ave · Office (925) 931-3449

Age 16+ · Registration Opens October 30th @ 10am · 9-week Session

Registration & Refund Policy: lifetimeactivities.com/policies-refunds

Please bring your own mat; loaner mats are limited.

Opt in to Push / Email notifications to receive updates regarding class cancellations

YOGA— Power Strength Building

Drop-in rate: \$26 per player per day

LEVEL	DAY	TIME	SESSION	RESIDENT \$	NON-RES \$
Power Strength Building	MON	5:00p-6:00p	1/6-3/3	\$183	\$201
Power Strength Building	TUES	8:30p-9:30p	1/7-3/4	\$183	\$201

YOGA— Restorative

Drop-in rate: \$26 per player per day

LEVEL	DAY	TIME	SESSION	RESIDENT \$	NON-RES \$
Restorative	MON	6:10p-7:10p	1/6-3/3	\$183	\$201
Restorative	TUES	7:20p-8:20p	1/7-3/4	\$183	\$201

YOGA— Slow Flow

Drop-in rate: \$26 per player per day

LEVEL	DAY	TIME	SESSION	RESIDENT \$	NON-RES \$
Slow Flow	MON	7:20p-8:20p	1/6-3/3	\$183	\$201
Slow Flow	TUES	6:10p-7:10p	1/7-3/4	\$183	\$201

YOGA— Beginners 101

Drop-in rate: \$26 per player per day

CLASS	DAY	TIME	SESSION	RESIDENT \$	NON-RES \$
Beginners 101	MON	8:30p-9:30p	1/6-3/3	\$183	\$201
Beginners 101	TUES	5:00p-6:00p	1/7-3/4	\$183	\$201