

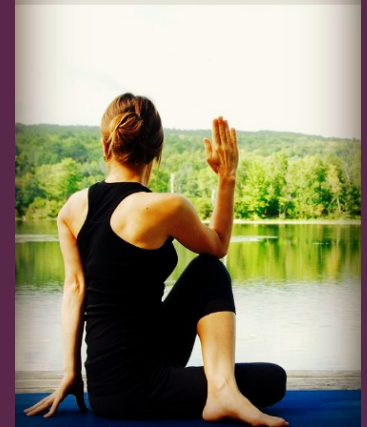


## Yoga/Pilates Special Offer

As a member of Steamboat Springs Family Medicine, we invite you to choose one free class per week at either Virv Yoga or Steamboat Pilates and Fitness. You're welcome to attend additional classes at the studio rate.

VIRV Yoga  
www.virvyoga.com  
1120 S. Lincoln Ave.  
Call: 970-367-7577

Steamboat Pilates and Fitness  
<http://steamboatpilatesandfitness.com>  
111 11th Street. Unit 103  
Call: 970-879-6788



## Available Classes

### Virv Yoga Classes

Sign up for any class.

Or:

Try Intro to Virv Yoga  
Tuesdays at 10:15 am.  
*Exclusively for Steamboat Springs Family Medicine patients*

**Be Your Self. Be Authentic.**

### Steamboat Pilates and Fitness MONDAY

8:30 AM Core Yoga Vinyasa Flow  
11:00 AM PowerBarre  
12:00 PM Intermediate Pilates Mat Class  
5:30 PM Core Pilates (all levels)  
6:30 PM Community Yoga (all Levels)

### TUESDAY

8:30 AM Beginning Pilates Mat Class  
5:30 PM Core Barre Class

### WEDNESDAY

6:30 AM Core Yoga Vinyasa Flow  
12:00 PM Beginning Pilates Mat Class  
4:00 PM Meditation  
4:30 PM Core Yoga Vinyasa Flow

### THURSDAY

6:15 AM Core Yoga Vinyasa Flow  
7:30 AM Pilates Mat Class  
8:30 AM PiYo  
5:30 PM Core Barre Class

### FRIDAY

8:30 AM Core Yoga Vinyasa  
9:45 AM PowerBarre  
12:00 PM Beginner/Int. Pilates Mat Class

### SATURDAY

8:00 AM Intermediate Pilates Mat Class  
9:00 AM Beginning Pilates Mat Class

### SUNDAY

9:00 AM Core Yoga Vinyasa Flow