

OCTOBER YOGA CHALLENGE



21 classes

in

31 days



Challenge yourself to
21 classes in the month of
October, and indulge in 10 days of rest.

Track your own progress by marking your class attendance on the Yoga Challenge sheet inside The Yoga Studio.

EVERY CHALLENGE HAS ITS REWARDS

- ease your shoulders and hips after a long summer of biking
- stretch out your legs and low back after a summer of hiking or running
- strengthen and soothe your body and soul as we head into fall

TO HELP YOU ALONG

- just for signing up, receive a VAC water bottle, perfect for yoga hydration
- attend 10 classes by Oct 15, receive 15% discount on Oct 21—23 Yogi Training
- attend 21 classes by Oct 31, receive a 31% discount off one full-price club retail item

The Yoga Studio

AT THE VAIL ATHLETIC CLUB

Located within the
Vail Mountain Lodge & Spa
352 East Meadow Drive, Vail Village
970/476-7960 - VailAthleticClub.com