

UNOH YOGA STUDIO

WINTER QUARTER: January 3 - March 12

DAY • EVENING • WEEKEND CLASSES

3 TEACHERS: CHERYL STEINWEDEL • MELINDA MORGRET • SUSAN McCAIN

Yoga classes taught by Cheryl Steinwedel, Yoga Alliance Certified RYT200

Tuesday 5:30-6:30 PM - Beginner II Yoga (open to public)
Thursday 5:30-6:30 PM - Intermediate Yoga (open to public)

Email: csteinwedel@unoh.edu to sign up for her classes or call 419-234-6089

Yoga classes taught by Melinda Morgret, Yoga Fit Level III Certified

Monday 5:30-6:30 PM - Beginner/Intermediate Yoga (open to public)
Monday 6:45-7:45 PM - Beginner Yoga (open to public)
Tuesday 7:00-8:00 PM - UN102 Intro to Hatha Yoga (accredited course)
Wednesday 5:30-6:30 PM - Beginner/Intermediate Yoga (open to public)
Wednesday 6:45-7:45 PM - Beginner Yoga (open to public)
Saturday 8:00-9:00 AM - Beginner Yoga (open to public)
Saturday 9:15-10:15AM - Beginner/Intermediate Yoga (open to public)

*UN102 is an Accredited University courses for UNOH students. Sign up with the University Registrar, located in the 200 Building or online at MyUNOH Portal. Receive one full credit toward your degree at UNOH.

Email: msmorgret@hotmail.com to sign up for her classes or call 419-231-0049

Yoga Classes Taught by Susan McCain, Yoga Alliance Certified RYT200. Masters Degree in Integral Yoga Therapy

Monday 10:00-11:00 AM - Beginner Yoga (open to public)
Wednesday 10:00-11:00 AM - Beginner II (open to public)

Email: ityogini@embarqmail.com to sign up for her classes or call 419-204-6770.

All classes (except the UNOH Accredited Course on Tuesdays at 7:00 PM) are \$5.00 per class when you register and prepay for 10 week session. Space is limited to 15 per class. Drop-ins are welcome at \$7.00 per class if not full.

