USF Employees, Students, Alumni and Family Members

Enjoy Monthly Unlimited Yoga Membership at Northern California YogaWorks Studios:
San Francisco $85/M 2MC, $75/M 6MC, $65 12MC
Mill Valley, Larkspur, Walnut Creek - $95/M 2MC, $85/M 6MC, $75/M 12MC
Regional Studio Access -$110/Month, 2 Month Commitment

Did you know that yoga can:

- reduce stress
- increase flexibility
- improve physical & mental health

YogaWorks has classes:
- For students of all levels from Beginner to Advanced
- In a variety of class styles from Athletic to Relaxed and Energizing to Therapeutic
- Innovative mindful fitness classes such as BarWorks, SculptWorks, Pilates Mat & TRX to compliment your current fitness regime & round out your yoga practice

Stop by YogaWorks Today or call and make an appointment with a Yoga Advisor who can get you started with a FREE class

YogaWorks Regional Corporate Account Advisor June Katzen junek@yogaworks.com

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must show proof of employment. preferred rates available for a limited time.