



lakeshore
SPORT & FITNESS

PRIVATE YOGA

A private Yoga experience will help you gain an understanding of yoga as an exercise form and how to better utilize it. These individualized sessions will guide you through a flow that is challenging, relaxing and catered to your specific needs.



Price/Session

Sessions		Base	Senior	Specialist
	1	\$83	\$93	\$103
	12	\$80	\$90	\$99
	24	\$77	\$87	\$95
	50	\$73	\$83	\$91

Total Price

Sessions		Base	Senior	Specialist
	1	\$83	\$93	\$103
	12	\$960	\$1,080	\$1,188
	24	\$1,848	\$2,088	\$2,280
	50	\$3,650	\$4,150	\$4,550

LSF also offers a variety of Yoga classes that are included with your membership and are great for beginners and experienced Yogi's alike. Check the Group Fitness schedule for times and locations.

For more information
contact **Adult Programming**

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