



INNER FIRE YOGA®



5003 UNIVERSITY AVE., MADISON, WI 53705
608.661.0167
www.InnerFireYoga.com

New Students

2 weeks of unlimited
yoga only \$20

This offer is limited to local residents new to Inner Fire Yoga. Choose any class as your first class. No pre-registration required. Purchase online.

Benefits

More Energy Greater Strength
Better Endurance Flexibility
Sharper Focus Stress Relief and more

Private Yoga and Private Yoga Therapy

1 hour - \$75
1.5 hours - \$110
2 hours - \$140
5 - 1 hour sessions: \$325 (save \$50)
5 - 1.5 hour sessions: \$490 (save \$50)

Please contact us via our website to inquire about booking private yoga sessions.

Facility

- Inner Fire Yoga's exquisitely heated studio was custom-built according to the US Green Building Council's LEED's guidelines.
- Inner Fire has ample showers and room to stow your stuff.
- Check out Madison's finest in yoga gear at our on-site boutique.

Monthly Yoga Plan

3 Months Minimum Monthly Yoga Plan	Regular...\$109	One time \$29 initiation fee Minimum term 3 mos, month-to-month thereafter One final payment after cancellation
	Student/Senior†...\$99 Couples...\$198	
12 Months Minimum Monthly Yoga Plan First Month is FREE!	First Month is FREE!	One time \$29 initiation fee Minimum term 12 mos, month-to-month thereafter One final payment after cancellation
	Regular...\$109 Student/Senior†...\$99 Couples...\$198	

Yoga Rates Buy Online

Drop In

Regular...\$16
Student/Senior†...\$13
Community Class...\$8
≤18 yrs. old & Certified Yoga Instructor...\$9

10 Classes

Regular...\$140
Student/Senior†...\$120
Couples...\$240
≤18 yrs. old & Certified Yoga Instructor..\$80
Expiration: 1 Year

20 Classes

Regular...\$255
Student/Senior†...\$210
Couples...\$420
Expiration: 1 Year

1 month unlimited

Regular..\$145
Student/Senior†...\$125
Couples...\$250
Expiration: 1 month

All fees are paid in advance. Packages are non-transferable and non-refundable. Unlimited packages will not be extended. VISA, MC, AMEX, and Discover Card accepted.

† The student/senior rate is available to full time students, seniors over 64, and anyone with limited income. Please request this rate upon purchase at the reception desk.

www.InnerFireYoga.com

70 classes to choose from!

INNER FIRE YOGA

Madison's finest heated yoga studio.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	PF 60	IFF 60	PF 60	IFF 60	PF 60		
7:00am	NEW Hot X 60		NEW Hot X 60			NEW IFF 75	
7:30am		NEW PF 60		NEW PF 60		PF 60	NEW PF 60
8:30am	IFF 75	Hot 90	PF 60	Hot 90	PF 60	Hot 90	Hot 90
9:15am						Found 60	Found 60
9:30am	Hot 90	PF 60	Hot 90	PF 60	Hot 90		
10:30am						I-PF 75 ♦	I-PF 75 ♦
12:15pm		Hot 90		Hot 90	Yin 60		
12:30pm	PF 60	PF 60	IFF 60	PF 60	PF 60	NEW Intro 90	
4:00pm	IFF 75	Hot 90	IFF 75	Hot 90	IFF 75	C-Hot 90	Hot 90
5:00pm	PF 75	PF 75	PF 75	PF 75	PF 75	C-IFF 75	IFF 75
5:45pm	Hot 90	Hot 90	Hot 90	Hot 90	Hot 90		Hot 90
6:30pm	PF 60	PF 60	PF 60	PF 60	Aroma 75		PF 75
7:30pm	Hot 90		Hot 90				
7:45pm	Yin 60	IFF 60	Yin 60	IFF 60			Yin 60

PF	Power Flow Yoga (All Levels)
I-PF ♦	Intermediate Power Flow Yoga ♦
IFF	Inner Fire Flow (All Levels)
C-IFF	Community Inner Fire Flow - \$8
Found	Power Flow Foundations (Beginners)

Aroma	Aroma Flow (All Levels)
Hot	Hot Yoga (All Levels)
Hot X	Hot Yoga Express (All Levels)
C-Hot	Community Hot Yoga - \$8
Intro	Intro to Yoga (✓ website for Hot or Power Flow)
Yin	Yin Yoga (All Levels)



60/75/90 denotes number of minutes ♦ A regular, established yoga practice is required to attend intermediate class. Check our website for information on yoga retreats, regular workshops, visiting yoga masters and more!