



Herself Yoga at Herself Moms
8331 Sierra College Blvd. Ste 210, Roseville, CA 95661
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ROSEVILLE CLASS PRICING

Prenatal Yoga and Postpartum Sculpt Class

Prenatal Yoga and Postpartum Sculpt Classes:

- Drop-in Fee \$ 14.00
- 4 Class Pass \$ 44.00
- 8 Class Pass \$ 80.00
- 12 Class Pass \$ 110.00

* Payment accepted in the form of check, cash and credit cards.

Refund Policy:

All class passes are valid for 4 months from the last class date attended and are non-refundable.

What to Bring to Class:

All classes bring a yoga mat and water. For Prenatal classes bring a blanket/pillow for final relaxation.

Instructor Bio:

Julie Hurst, 200-RYT Certified Yoga Instructor, ACE Group Fitness Instructor, ICCE Childbirth Educator. She teaches classes for Sutter Hospital and Herself Yoga.

