

## SANDRA SWAMI: "ZOOM" FITNESS CLASSES

<https://zoom.us/j/6284802316>

DAY	TIME (CST)	CLASS
MON	9:30 – 10am	Mindful Strength Training
	10 – 10:30am	Self-Fascial Stretch
	10:30 – 11:30am	Mat Pilates
TUES	No Classes	
WED	9:30 – 10am	Mindful Strength Training
	10 – 11am	Mat Pilates
	5:30 – 6:45pm	Foam Roller / Intermediate Yoga
THURS	4:30 – 5:30pm	Yoga w/ Balance/Strength Focus
FRI	9:30 – 10am	Mindful Strength Training
	10 – 11am	HIIT
SAT	9 – 9:30am	Mindful Strength Training
	11 – 12pm	Yoga w/ Exploration of the Chakras
SUN	9 – 10am	HIIT
	10:30 – 11:30am	Mat Pilates

**COST: Prefer payment through "Venmo," a free app, or pay via PayPal or personal check. (Reduced rates or free for those with financial need)**

**\$9.00 per 30-minute class**

**\$16.00 per 60 to 75-minute class**

**\$75 Weekly Unlimited Pass (Sun through Sat)**

**\$105 for one hour FST (Facial Stretch) private/small group training**

**\$125 for 75-minute FST (Facial Stretch)**

SANDRA  
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