

All classes taught by Sharon Fennimore Rudyk. Contact Sharon **by phone** at (412) 855-5692 or by **e-mail**: [sharon@yogamatrika.com](mailto:sharon@yogamatrika.com)

<b>Class Type</b>	<b>Day and Time</b>	<b>Dates</b>	<b>Location</b>	<b>Payment &amp; Registration Information</b>
Matrika Prenatal Yoga & Exercise	Tuesdays 6:00 to 7:15 pm	January 25, February 1, 8, 15, 22	Yoga Matrika 6520 Wilkins Ave. Pittsburgh 15217  Point Breeze	\$10 drop-in Yoga Matrika class packages accepted. Registration is NOT required.  Credit card payments accepted online. Cash and personal checks accepted at the studio.
Matrika Prenatal Yoga & Exercise	Saturdays 10:30 to 11:45 am	January 29, February, 5, 12, 19, 26	Yoga Matrika 6520 Wilkins Ave. Pittsburgh 15217  Point Breeze	\$10 drop-in Yoga Matrika class packages accepted. Registration is NOT required.  Credit card payments accepted online. Cash and personal checks accepted at the studio.
Matrika Prenatal Yoga & Exercise	Tuesdays 6:00 to 7:15 pm	March 1, 8, 15, 22, 29 April 5, 12, 19, 26 May 3, 10, 17, 24, 31  There may be some classes in June.	1918 Murray Avenue  Squirrel Hill	\$15 per class \$50 for 5-class series or \$40 for 4-class series Yoga Matrika class packages accepted. Registration is not required, but offers better economy (save \$25 for the 5-class series)  Credit card payments accepted online. Cash and personal checks accepted at location.  Please see online: <a href="http://www.matrikaprenatal.com">www.matrikaprenatal.com</a> for information on April and May dates.
Matrika Prenatal Yoga & Exercise: Magee Hospital Series	Saturdays 9:30 to 10:30 am	March 5, 12, 19, 26, April 2 & 9  AND/OR  April 16, 30, May 7, 14, 21, June 4	Magee Hospital 300 Halket St. Pittsburgh 15213  Oakland	\$60 for 6-class series Yoga Matrika packages are NOT accepted. Pre-registration through Magee IS required.  Register Online: <a href="http://www.magee.edu/hec/Classes.asp">http://www.magee.edu/hec/Classes.asp</a>  Call for information and to register: 412-802-8299
Matrika Mamma	Sundays 4:00-5:30 pm	March 13, April 17 and May 22	1918 Murray Ave. Squirrel Hill	\$15 each class. Registration is required. Register online: <a href="http://www.matrikaprenatal.com">www.matrikaprenatal.com</a> or call Sharon (412) 855-5692 for more information. Combination prenatal and postnatal class. Come for great yoga meet the babies!

