

Yoga and Pilates facilities

Facility	Location	Amenities	Discount details
Bala Yoga	Fremont - Seattle, WA Kirkland, WA	We offer a wide range of yoga classes including power vinyasa, yin yoga, prenatal yoga, and kid's sessions. All memberships include: <ul style="list-style-type: none"> • Unlimited Barre + Yoga Classes • 10% off Retail & Sauna • 10% off In-House Workshops • 1 Guest Pass Per Month • Free Mat + Towel Rental • Community Discounts 	<ul style="list-style-type: none"> • Monthly Infinity Membership - \$79/Month auto-pay (regularly \$119) • Intro Month - \$30 for 30 Days (regularly \$40) • 10 Class Pack - \$150 (regularly \$180)
Bodytonic Pilates	Pioneer Square - Seattle, WA	Bodytonic Pilates is a private Pilates studio focusing on fitness and rehabilitation for beginning to advanced students. Instructors at Bodytonic Pilates design challenging workouts based on Pilates principles to engage and strengthen your core and increase overall muscle tone.	<ul style="list-style-type: none"> • 1st springboard class is free (regularly \$35) • 10% off Springboard Class Monthly Memberships • 4 classes/month \$108 (regularly \$120) • 8 classes/month \$180 (regularly \$200) • Unlimited monthly classes \$225 (regularly \$250) <p>To sign up, fill out your intake forms here and mention you are a King County Employee in the details section of your appointment request form.</p>
CorePower Yoga	Locations vary	Our classes, our instructors and our network of over 170 yoga studios nationwide welcome you when you're ready for a yoga fitness experience like no other.	<p>Try a week for free!</p> <ul style="list-style-type: none"> • 20% off Black Tag membership (unlimited yoga) • 20% off of 10 class pack
Sol Yoga	Leschi - Seattle, WA	Sol Yoga offers yoga instruction and group classes in the style of Power Vinyasa. Classes are taught in a heated studio (90 degrees) by certified yoga instructors. Classes vary according to ability, with several novice levels available each week. Sol Yoga also offers popular yoga cross-training classes, which are strength and conditioning classes taught in a	<p>Your first class is free!</p> <ul style="list-style-type: none"> • Drop in: \$16 • 1 month unlimited: \$120 (regularly \$150) • 5 class package: \$68 (regularly \$85) • 10 class package: \$128 (regularly \$160)

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		yoga class framework. Dietary counseling is available on request for no additional cost.	
Three Trees Yoga and Healing Center	Federal Way, WA	We welcome students of every age, shape, background and level of fitness. Our supportive environment allows you to learn a wide variety of Yoga, Meditation and Tai Chi methods that will enhance your physical health, mental clarity and sense of well-being. Our teachers are highly trained to meet your individual needs in a way that is both challenging and accessible. In addition to classes, we offer Yoga Therapy, Massage, Reiki, Acupuncture, Skin Therapy, Reflexology and Ayurveda in our Healing Arts Center. Many say that walking through our doors feels like coming home. We'll meet you on your mat.	15% off all drop-in yoga passes For more information, contact Amy Tangen via phone: 253) 815-9642 or email: info@threetreesyoga.com