

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:00-9:15am
GENTLE YOGA

9:30-10:30am
BARRE
Lori

10am-11:15am
HATHA YOGA
Kathleen

5:30-6:45pm
WARM POWER FLOW
Jonathan

6:00-7:15pm
RESTORE
Shata

9am-10:15am
ENERGY FLOW
Ruth/Jonathan

11am-12pm
CHAIR YOGA
Kathleen

5:30-6:30pm
BARRE
Rachel

6:30-7:45pm
POWER FLOW
Danielle

9:30am-10:30am
CORE
Lori

11am-12pm
SLOW FLOW
Jenn

5:30-6:45pm
YIN YOGA
Lynn

6:00-7:15pm
PRENATAL YOGA
Leila

9:00-10:00am
WARM POWER FLOW
Jonathan

11am-12pm
GENTLE CHAIR
Jenn

5:30-6:30pm
CARDIO BARRE
Madison

6:00-7:15pm
GENTLE CANDLE LIGHT YOGA
Dianna

9:30-10:30am
BARRE
Rachel

11am-12:15pm
RESTORE
Jenn

4:30-5:30pm
TGIF POWER FLOW
Leila

4:30-5:30pm
KID'S YOGA (3-6 yrs)
Chrissy

9:30-10:45am
VINYASA FLOW
Leila/Danielle

11am-12:30pm
YIN YOGA
Lynn

Sunday

9:00-10:00am
WARM POWER FLOW
Jonathan

10:30-11:45am
GENTLE YOGA
Leila/Chrissy

4:00-5:15pm
RESTORE
Suzanne/Melody

5:30-6:15pm
YOGA NIDRA
Shata/Chrissy

Green text indicate a very beginner friendly/low impact class. Great for new students or those looking to carefully rediscover movement.

First time students:

- ❖ Walk-ins always welcome.
- ❖ Arrive 10-15 min. before 1st class for registration and setting up a space
- ❖ Mats/equipment provided at no cost & you are welcome to bring your own

Class Rates

-2 month exp.

- 🌟 1 class: \$15
- 🌟 4 class: \$49
- 🌟 8 class: \$80
- 🌟 10 class: \$100

BARRE

Based on the elements of ballet, yoga, core and athletic conditioning that consist of high energy, low impact exercises. The ballet barre is a perfect prop designed to support the body in both static and dynamic movements. This class also incorporates small hand weights, stability balls, bands and other props. All movement is controlled and very focused.

CARDIO BARRE

Barre class with faster paced and core intensive focus. Move through high intensity, powerful movements while incorporating light equipment and amped up intensity

CHAIR YOGA

Explore strong dynamic movement while cultivating breath to go deeper into your practice. Allow the chair to assist in standing, bending and moving to cultivate a new balance. Test your endurance and thank yourself!

GENTLE CHAIR

We slowly move through postures and breathing exercises with the aid of a chair. Movement is slow and deliberate. Students can experience the many benefits of yoga without having to get up or down from the floor. Great for: those with limited mobility, un-sure beginners and those looking to slowly rediscover movement

GENTLE YOGA

These classes feature a posture sequence partnered with breath awareness, and relaxation. You will expand your strength, stamina and flexibility. Yoga poses are never ending. You will enrich your current foundation and grow.

HATHA

In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

KIDS YOGA

Children will strengthen their bodies as they learn how to focus through breathing and relaxation techniques. This playful class encourages self-expression as well as building social skills.

CORE

This class is intended to build deep core strength and stability. Inspired by Pilates, Yoga and core exercises from Barre; with upbeat music. Strengthen your core to support you in your yoga practice and during your day to day routines.

PRENATAL YOGA

A class designed to create enhanced breath, awareness, strength, and flexibility during pregnancy/preparing for birth. Postures and breathing practices are adapted for upcoming physical changes & focus on gently opening the hips and pelvis, building the strength needed in the low body for giving birth. **All levels class. Pregnancy not required.**

POWER FLOW

A strong class designed to build heat and strength. This is a dynamic practice that incorporates strength, flexibility, balance, cardio and stamina. It tones and sculpts the entire body, creating longer, leaner muscles and a body with more mobility to improve circulation.

WARM POWER FLOW

Everything above plus 90 degrees

RESTORE

The class has components of gentle flow to warm up and then props to allow for total surrender into the pose. The class is deeply nurturing and suitable for most levels. Restorative Yoga is a gentle healing form of yoga that is practiced with props to provide a supportive environment for total relaxation.

SLOW FLOW

Dynamic and gentle movements are used to slowly guide the mind and body through a relaxing and soothing sequence. With slow movement, we are allowed to focus on alignment, intention and a relaxed breath.

VINYASA (FLOW)

A style of yoga characterized by stringing postures together so that we move seamlessly from one pose to another with the breath. Vinyasa classes offer a variety postures and can often explore complex movements and sequences layered over solid foundations. These classes may incorporate deeper backbends, hip opening, twists, and forward folds. The teacher will encourage rest periods and offer modifications as needed.

YIN YOGA

Most postures are floor based and held for a long period of time. Over time and with practice this provides increased mobility. We access deep connective tissue while the muscles are cool so they are not working except to get into the posture.

YOGA NIDRA/MEDITATION

It is defined as a deeply restorative sleep based meditation that allows a person to relate differently to their unconscious habits. A series of structured awareness techniques that optimize physical restoration and interrupt the process by which we engage in stressful thoughts. It also releases the healing potential within the body, by removing the mind, as in sleep.