

CLASS SCHEDULE



Winter 2011

UPDATED SCHEDULE!!!!

MONDAY

9:15am - 10:30am	Open Flow 2-3	Deidre
7:00pm - 8:15pm	Ashtanga	Ross
7:45pm - 8:45pm	Level 1-2 Basic	Leigh

TUESDAY

9:15am - 10:30am	Open Flow 2-3	Wendy
11:00am - 12:30pm	Silent Bikram 🔥	Wendy
7:00pm - 8:00pm	Level 1-2 Basic	Kim
7:30pm - 9:00pm	Hot Yoga 🔥	Val

WEDNESDAY

8:30am - 9:00am	Flight Crew (NEW)	Sal
8:40am - 9:05am	Meditation (FREE)	Donna
9:15am - 10:45am	Bikram 🔥	Wendy
6:15pm - 7:15pm	Level 1-2 Basic	Clarissa
7:30pm - 8:45pm	Soul Sweat	Debbie

THURSDAY

9:15am - 10:30am	Open Flow	Debbie
4:00pm - 4:45pm	Kids Yoga 7-12 ages	Ellyn
7:00pm - 8:20pm	Hot Yoga 🔥	Rose
7:30pm - 8:45pm	Basic/Restorative	Mary

FRIDAY

6:00am - 7:15am	Open Flow	Karen
9:15am - 10:45am	Hot Yoga 🔥	Val

SATURDAY

8:15am - 9:30am	Level 2-3 Open	Kim
9:30am - 10:45am	Soul Sweat	Wendy
10:00am - 11:00am	Level 1-2 Basic	Mary

SUNDAY

9:00am - 10:30am	Level 2-3 Open	Clarissa
9:30am - 10:45am	Hot Yoga 🔥	Deidre

🔥 Class is given in a heated room

All Single Classes	\$20
Weekly Unlimited (New Students Only- Includes unlimited classes for one week)	\$25
10 Class Card	\$150
Monthly - Unlimited	\$130
Yearly Unlimited (Includes All Classes)	\$1300 prepaid or monthly finance plan available at \$200 down/\$109 monthly.



CLASS DESCRIPTIONS

Soul/Sweat (75 min): Soul Sweat is designed for all bodies, at all levels, to maximally challenge you where ever you are, while maintaining a sense of ease, joy, fun and freedom in the body. Our goal is to help you learn to love living in your body. 75 minute class Come prepared to sweat and have fun! (Not a heated class!)

Bikram (90 min): A series of 26 poses. This class is appropriate for all level students as it is designed to give a great work out whether it is your first class or you have been practicing for years. Please bring a towel, water, and dress very lightly (shorts). 90 minute class. "Be prepared to sweat and lose your pudg" Mary Jarvis.

Hot Yoga (90 min): Sequence of postures designed to strengthen the body and mind. HYDRATE HYDRATE HYDRATE For beginners, we ask that you come 20 minutes early to sign in and meet with the instructor.

Ashtanga (75 min): Vigorous Vinyasa (continuous flow) yoga based on the primary series of Ashtanga Yoga. Fast paced, all levels are welcomed. Expect a great arm workout!!

Basic (60 min): New to yoga? Join us for the basic class . Perfect for beginners and those wishing to master the fundamentals!!!

YHC Open Flow (75 min): Open flow is a dynamic Vinyasa flow designed to strengthen, stretch, and smooth out your body and mind. Come with a good sense of humor and be prepared to do more then you ever thought you could!

Restorative (75 min): Ahhhh! This gentle and profoundly relaxing class is the perfect de-stresser. The ultimate in relaxation. Bring your stress and be prepared to have it totally melt away.

COME AND PRACTICE WITH US!!!! YOUR BODY, MIND AND FAMILY WILL THANK YOU!!



PEACE



LOVE



YOGA

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