

LOVE YOGA

MONDAY

***Classes in RED start Oct. 19th**

9:30-10:30am Yoga Basics - Suzanne

12:10-12:55 Flo45 - Maggie

5:30-6:30pm Gentle Yoga - Suzanne

7:00-8:00pm Core Yoga - Kristen

TUESDAY

9:30-10:30am Flow Yoga - Erin

12:10-12:55 Flo45 - Seville

5:30-6:30pm ** 5\$ Yoga Basics - Aunnie 5\$ Cash

7:00-8:00pm Flow Yoga - Kathy

WEDNESDAY

9:30-10:30am Yoga Basics - Suzanne

1:30-2:30 All levels - Kristen

5:45-7:00pm Power Yoga - Suzanne

7:00-7:45pm Restorative - Kelly

THURSDAY

9:30-10:30am Flow Yoga - Aunnie

12:10-12:55 Flo45 - Suzanne

5:30-6:30pm Gentle Yoga - Suzanne

7:00-8:00pm Hot Flow Yoga - Maggie

FRIDAY

9:30-10:30am Yoga Basics - Suzanne

11:00-12pm Gentle Yoga - Marcy

5:30-6:30pm** 5\$ All levels flow - Suzanne 5\$Cash

SATURDAY

9:00-10:00am All levels flow - Suzanne

10:30-11:30am Flow Yoga - Shanti

12:00—1:00pm KIDS Yoga—2nd Sat/Month-Kathy

SUNDAY

8:30-9:30am Yoga Basics - Elisa

10:00-11:00am Flow Yoga - Jane

3:00-4:00pm FREE Pre-Natal

5:00-6:00pm All levels flow - Seville

6:30-7:15PM Restorative Yoga - Paul

7:30PM - 1x/mo Meditation wrkshp—2nd Sunday

New to Yoga?

Try our Introductory Special

\$40 Trial Pass - 30 days of unlimited yoga!

\$12 Drop In/ 5\$ FT Student Gift Certificates!

\$80 = 8 Class Pass ; \$144 = 16 class family pass

\$80 Monthly Unlimited (\$65/mo w/6 month autopay)

CLASS DESCRIPTIONS

All classes include complimentary meditation and long savasanas.

RESTORATIVE Relax with this meditative combination of seated and reclined postures designed to create calm in the body & mind. Restorative yoga is also the perfect complement to other more vigorous forms of exercise.

GENTLE YOGA is a combination of seated postures, standing balances, breathing techniques and focus. Great for relaxation, stress relief, injury rehab, flexibility, toning and balance.

YOGA BASICS is for everyone. Learn the basic alignment and fundamentals of a Vinyasa Flow style class. You'll be prepared for any yoga class! We introduce new concepts all the time, so a basics class is also great for refining your personal practice. Modify or intensify as you like. **CORE YOGA** is a Strong Basics class with a focus on core strengthening. All levels.

ALL LEVELS FLOW is a little more activity than a Basics class but not quite as intense as Flow. Lots of options!

FLOW YOGA is a continual flow of movement with a focus on moving with your breath. Varying degrees of intensity to provide more cardio activity.

HOT FLOW YOGA Thursdays 7pm - heated to 90°)

POWER YOGA is a moderately paced, intense blend of postures that challenge and strengthen, including inversions and arm balances. Best to have some experience.

FLO45 is a 45 minute session designed to create a state of physical and intellectual flow with familiar sequences, unfamiliar challenges, multi levels and lots of fun.

FREE PRENATAL Classes Sundays at 3pm.

Teachers/Class changes are noted on our FB page, or in our online schedule at www.mindbodyonline.com (link from our website & also available as an iphone app)

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