

Schedule effective for January 4th to January 30th

*****Please note there must be at least 3 participants in the drop in classes for the class to run. If there are not enough students the class will be canceled.*


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|
| DAY CLASSES | DAY CLASSES | DAY CLASSES | DAY CLASSES | DAY CLASSES | DAY CLASSES |
| Hatha Yoga Pre-registered Jan 4-25 9:30-11:00am Liisa \$52 | Hatha Yoga Pre-registered Jan 5-26 10:00 – 11:30 am Judy \$52 | Rise & Shine Pre-registered Jan 6- 27 6:00-7:00 am Melanie \$52 | | Rise & Shine drop in 6:00-7:00 am Melanie | Ashtanga level 1-2 drop in 9:30- 11:00 am Dan |
| Yummy mummies Pre-register Jan 4-25 12:45 to 1:45pm Melanie \$52 | Hatha Yoga Pre-registered Jan 5-26 1:00-2:30pm Judy \$52 | Beginner Flow drop in 1:00-2:30 pm Melanie | | | Beginner Ashtanga drop in 11:15- 12:30pm Dan |
| EVENING CLASSES | EVENING CLASSES | EVENING CLASSES | EVENING CLASSES | EVENING CLASSES | SATURDAY AFTERNOON |
| | YogaKids Ages 8-12 Pre-registered Jan 5-26 4:30 to 5:30 pm Chris \$52 | | Akhanda drop in 4:45 to 5:45 pm Melanie | Vinyasa flow drop in 5:00 to 6:00 pm Melanie | |
| Beginner Ashtanga drop-in 6:00-7:15 pm Dan | Restorative Yoga drop in 6:00 -7:15 pm Liisa | Pre-Natal yoga Pre-registered 6:00-7:15 pm Jan 6-27 \$60 Serena | Beginner Ashtanga drop in 6:00-7:15 Dan | BellyDance drop in 6:30-7:30 pm Shanta \$98 | SUNDAY EVENING Mysore Ashtanga Cash and passes only 6:00 to 8:00 pm |
| Ashtanga Level 1 drop in 7:30 - 9:00 pm Dan | Power flow drop in 7:30-9:00 pm Melanie | Yoga flow drop in 7:30-9:00pm Serena | Ashtanga Level 1-2 drop in Dan | | |


Drop in **\$14.00**


1 month unlimited **\$ 110.00**



10 pass punch card **\$120.00** good for all drop in classes valid for 3 months



Classes are rated at intensity levels by this symbol 

 **Hatha (Gentle) Yoga**- Involves basic yoga poses, breathe work, and meditation. Perfect for those who are looking for a slower paced class with emphasis on gentle stretching, opening the body and relaxation.

 **Restorative Yoga** – This class consists of gentle stretches and supported resting postures to rest, restore, and renew the body. It is excellent for those looking for a very relaxing and meditative class, a great class for those in recovery or if you just need to unwind, let go and breathe.

 **Pre-Natal Yoga** - This class is for expectant mothers to help them adjust to the physical and mental demands of pregnancy, birth and motherhood. This class teaches gentle yoga poses to stretch, strengthen and relive discomfort in the body for birth and beyond.

  **Beginner Yoga Flow** - A version of Hatha yoga that is more aerobic than traditional Hatha, this class combines sun salutations with standing postures to connect breathe with movement, a great mix of stretching and strengthening.


  **Ashtanga Yoga**—This form of yoga focuses on constant movement from one pose to the next in a specific order, excellent for those who want a class that works and energizes the whole body. (Suitable for all levels but not suitable for those with limited mobility)



Beginner Ashtanga- For first timers and beginners. The fundamentals of Ashtanga yoga will be taught in slower paced class. Sun salutations and postures are broken down with a focus on alignment & breathing. Expect to get a sweat going.

Ashtanga Level 1-This active class covers the basics of Ashtanga yoga. Emphasis is placed on the strengthening the physical and mental aspects of the practice with continuing emphasis on alignment and breathing. A great mind and body workout, you will sweat.

Ashtanga Level 1-2- Building on the level 1 this class is perfect for those who want to learn new postures. During this class we work towards adding the remaining postures of primary series. This class will challenge you to keep moving forward in your practice & will promote opening the body in new ways.

Mysore Ashtanga- Great if you've never practiced before or if you've practice for years. Prior knowledge of the postures sequence is not necessary. Mysore Ashtanga offers individual instructions to students will start with a 30-45 minute practice. Teachers work individually with students as they move at their own pace through the postures.

 **Akhanda Yoga**- The intention for Akhanda Yoga is to offer holistic, yoga classes with an emphasis on the balanced sequencing of asana, pranayama, relaxation, mantra and meditation as well as discussions and readings on the yogic lifestyle and yoga philosophy. This style of yoga is great for beginners to intermediates levels. For more information go to www.worldyogafamily.com

  **Power Flow Yoga**- Power flow Yoga has its roots in Ashtanga Yoga. I tends to be less structured than Ashtanga and allows the instructor t alter sequences and assign poses in response to students' needs/ Power Flow Yoga is a fast-paced class with poses that encourage alignment, flexibility, balance, strength, and cardiovascular endurance.

Traditional Middle Eastern Dance (Belly Dancing)- Awaken your inner goddess with belly dancing, a great way to improve posture, tone muscles, strengthen your hips, back, and core while enhancing your grace. Appropriate for all fitness levels.