

## FEBRUARY 2019

### MANY CLASSES UTILIZE OUR UNIQUE YOGA WALL

#### **Mondays**

9:15 - 10:15 am

Yin Yoga

Stacey

6:00 - 7:00 pm

Closed Group: Yoga 101

Leeanne/Arnold

#### **Tuesdays**

9:30 - 10:30 am

Vinyasa Flow

Ryan

6:00 - 7:00 pm

Gentle Yoga

Suzy

#### **Wednesdays**

9:15 - 10:15 am

Vinyasa Warm Flow

80°

Megan

6:00 - 7:00 pm

Vinyasa Flow

Tee

#### **Thursdays**

9:30 - 10:30 am

Vinyasa Flow

Megan

6:00 - 7:00 pm

Gentle Yoga

Suzy

#### **Fridays**

9:15 - 10:15 am

Vinyasa Warm Flow

80°

Stacey

#### **Saturdays**

9:00 - 10:00 am

Gentle Yoga

Ryan

10:15 - 11:15 am

Vinyasa Flow

Trey

#### **Sundays**

10:15 - 11:15 am

Vinyasa Flow

Trey

4:00 - 5:00 pm

Meditative Restorative

Krista or Shukie

### **Yoga Class Pricing**

Drop-In: **\$15**

10-Class Pack: **\$125** (\$12.50 each)

20-Class Pack: **\$225** (\$11.25 each)

1-Month Unlimited: **\$90** or **\$79** w/4-month min

First-Month Unlimited: **\$45** (new students)

### INTERESTED IN OUR GREAT YOGA WALL?

**Gentle Yoga** classes use our Great Yoga Wall the most

When Gentle Yoga classes run at seven or fewer students, we typically incorporate our Yoga Wall. This is an amazing way to delve more deeply into therapeutic poses with less pain.

Benefits include: reduced weight on joints such as wrists; greater body awareness; longer times in a posture improves balance and builds core; mobilization of particularly restricted areas such as tight shoulders, hips or hamstrings; inversions for restoration and rejuvenation.