

**evolutionfernieweb.com**

**Studio Yoga Schedule** (Oct 12 – Dec 18 2021)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00AM		Yoga Relax TBA	Yoga Relax Anna P	Yoga Relax TBA	Yoga Relax Anna P		Yoga Recharge TBA
5:15PM	Yoga Recovery Kim M	Yoga Recharge Kim M	Yoga Recharge Madi B	Yoga Recharge Kim M	Yoga Recharge Madi B		
6:45PM		Yoga Recovery Nancy K	Yoga Recovery Margaret F	Yoga Recovery Nancy K	Yoga Recovery Margaret F		

- **Yoga Relax:** Relaxing and harmonious with traditional yoga postures; Hatha and Flow elements.
- **Yoga Recovery:** Deep release stretch class targeting tissue and fascia release; Yin and Restorative elements.
- **Yoga Recharge:** Enlivening movement with strengthening and balance postures, Vinyasa and Ashtanga elements.
- ✓ **Online Registration** begins at 7:30AM the DAY BEFORE the class; (No advanced reservations)
- ✓ Registration is *online* thru **evolutionfernieweb.com** or *in person only*; No phone call registration.
- ✓ Classes are 1-hour duration. 30-minute break between classes for cleaning and participant changeover.
- ✓ Participants must scan-in or check-in with Front Desk upon arrival
  - ✓ Yoga mats available, you are encouraged to bring your own mat
  - ✓ Arrive **10 minutes prior to class start time**. Late arrivals will be denied entry.
- ✓ Limited class participant size for spacious movement: **Yoga: 12** (1000-ft<sup>2</sup> Studio Space)
- ✓ **No-show's** and **Last-Minute Cancellations** (*within 2-hours of class start time*) will be charged a **\$5 No-Show Fee**.
- ✓ Yoga props provided and all classes feature ceiling mounted *Yoga Panels*® Infrared heaters for warmth
- ✓ Instructor availability and class schedule may change at any time, please see online calendar for weekly availability

**All participants must show proof of vaccination upon pass purchase.**