



Studio Schedule: Spring 2022



Yoga Recharge

Enlivening movement with strengthening and balancing postures; Vinyasa elements

Mon & Weds 5:15pm w/Kim

Yoga Relax

Relaxing and harmonious with traditional yoga postures; Hatha and Flow elements

Tues & Thurs 10:00am w/Anna; Sat 10:15am TBA

Yoga Recovery

Deep release stretch class targeting tissue and fascia release; Yin and Restorative elements

Mon & Weds 6:30pm w/Nancy; Sun 5:15pm w/Kim

Yoga CORE

Release overworked muscles while focusing on strengthening and stabilizing your core foundation (abs, lower back and hips)

Tues 5:15pm w/Madi

Spin-Yoga

1/2-hour of heart pumping cycling followed by 1/2-hour of uplifting yoga flow

Thurs 5:15pm w/Madi

Spin-FIT

A complete cardio and strength conditioning workout: 1/2-hour of Spin and 1/2-hour of Functional Interval Training.

Tues 6:30pm & Sat 9:00am w/Georgia; Thurs 6:30pm w/Niamh

All yoga classes include free use of mats and props (Blocks, Bricks, Straps, Bolsters, Blankets and Eye Pillows) and feature the gentle warmth of ceiling mounted *Yoga Panels*® Infrared heaters.



YOGAPANELS

Functional Interval Training (FIT): Total body conditioning with Dumbbells, TRX, Kettlebells, Conditioning Balls (Swiss, Slam, Medicine, Wall), Speed Rope, Step-Jump Boxes, Toning Bands and stability props.