



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00-8:00am Barre Flow (Jeffrey) Starts 9/10		7:00-8:00am Barre Flow (Jeffrey) Starts 9/12		9:00-10:00am Yoga in the Park (Alyssa)	9:00-10:00am Mens Yoga (Desiree)
	12:00 – 1:00 pm Hatha Flow (Sierra)		12:00 – 1:00 pm Gentle Flow with Yoga Nidra (Laurel)	12:00-1:00pm Warm Gentle Vinyasa (Maryellen)	9:30-10:30am Yoga for Kids (Katie) (9/7)	10:30-11:30 am Hot All Levels Power Flow (Desiree)
4:30-5:30pm Hot Detox Yoga (Jared)	5:15 – 6:15 pm Warm Vinyasa (Maryellen)	4:30-5:30pm Gentle Yoga (Maryellen)	4:30-5:30pm Hot Power Flow (Jared)	5:30 – 6:30 pm Happy Hour Core Flow (Hannah)	12:00-1:00pm Vinyasa Flow (Victoria)	12:00-1:30pm 26 & 2 Hot Yoga Series (Stacy, Pria and Laura)
6:15– 7:15pm HIIT Yoga Fusion (Alyssa)	6:30 – 7:30 pm 26 & 2 Hot Yoga Fusion (Karen)	6:15 – 7:15 pm All Levels Power Vinyasa (Victoria)	6:00 – 7:00 pm Yoga Happy Hour (Jammella)			
7:30– 8:30 pm Friendly Flow Community Class (Hannah)	7:45-8:45pm Candlelight Slow Flow (Terra) Y12SR will still meet 1 x month	7:30 – 8:45pm Gentle Flow with Yoga Nidra (Victoria)	7:15 – 8:30 pm Restore & Release (Jeffrey)			

Class Descriptions

All Levels Power Vinyasa

This is a strong class that is designed to move your body and your soul. It is suitable for all practitioners, and each student is empowered to modify for their skill level. Mindful of the importance of transitions, we will move from pose to pose with a focus on connecting the breath to the movement. Be prepared to build heat, get a little sweaty, connect to your breath, and leave feeling energized.

Barre Flow

BarreFlow™ is designed to give students of all fitness levels a challenging total body workout.

BarreFlow™ combines the flow of a vinyasa yoga class with the science of corrective exercise to create a complete workout for body and mind in only 45 minutes. All classes are at the same level as the technique is designed to work for people at all points on their fitness journey. Modifications and/or advancements are given for most exercises to accommodate all fitness levels.

We focus on Integrated Movement - though there are times in our programming that isolation is called for, our general framework is built of movements that involve multiple joints and multiple muscles—often moving through more than one plane of motion. Integrative movement not only results in a higher calorie burn and greater muscle development but also stimulates more neuromuscular activity. By moving the body in multiple ways at once, we are able to improve coordination, balance, and performance and reduce the risk of injury.

26 & 2 Hot Yoga Series(90 minutes)

This 90 minute Hot Yoga series features 2 sets each of 26 postures and 2 breathing exercises. This practice uses the traditional dialogue taught from the front of the studio. This series is designed for all ages and fitness levels and works the entire body. The room is heated to 105* with 40% humidity. All levels welcome! Please come to class hydrated - hydration is the key to a successful practice.

26 & 2 Hot Yoga Fusion

This class is an integration of 26 & 2 Hot Yoga and Vinyasa. 26 & 2 Fusion. The room heated to 95 degrees with 40 % humidity. Hydration is the key to a successful practice so please hydrate prior to class.

Candlelight Flow

Set to music and lit only by candles, a soulful slow vinyasa where mantra, meditation and philosophy are organically woven together. Bhakti means “devotion” or “love” this slow flow is based on compassion and devotion to cultivate the love and divinity within you. Each class builds upon a monthly theme. (60 minutes)

Friendly Flow Community Class (Donation class)

ALL are welcome in this all-levels vinyasa class is designed to help you peacefully center yourself, set good intentions for the week, and feel good about your amazing self. Thoughtful warm-ups, steady pacing, sweet tunes, and just enough challenges to help you develop strength, flexibility, and focus. Transform yourself and enjoy this friendly, collaborative space.

Gentle Flow with Yoga Nidra

This slow and gentle moving class is perfect for beginners or anyone looking to unwind and recharge midday! The class will focus will be on alignment and safety along with the basics of yoga philosophy and breath work; and we will end with a condensed Yoga Nidra to re-center and recharge your day. Yoga nidra, or yogic sleep as it is commonly known, is an immensely powerful meditation technique,. While resting comfortably in savasana (corpse pose), this systematic meditation takes you through the pancha maya kosha (five layers of self), leaving you with a sense of wholeness

Gentle Yoga

This slow and gentle class is designed to help build strength and endurance, increase flexibility, and improve posture and balance. Special attention is paid to bone health and preventing/reversing bone loss related to osteoporosis. It is designed for older adults who may benefit from a slower pace and a recognition of age-related functional changes. We encourage students to use props (including chairs if needed), modify poses, transition carefully, and find their appropriate balance between ease and effort. Special attention is paid to building core strength and balance to prevent falls. Breath work, relaxation and meditation practices are included to encourage stress reduction.

Happy Hour Core Flow

Sweat out the stress from your week and set a positive tone for your weekend with upbeat music and movement! We'll combine core based strength exercises along with vinyasa style sequences to help you find your power center.

Hatha Flow

Let go of the day and nourish mind, body, and spirit in this hatha class. Hatha Flow is a combination of asanas (physical practice), pranayama (breathing), meditation and other subtle practices with a focus on alignment of the physical and energetic body. All levels welcome. THIS IS A GENTLE CLASS

HIIT Yoga Fusion

This class is designed to pump your heart rate up while toning, strengthening and lengthening your entire body. We'll begin this high-energy class by warming up and mobilizing the body and its joints to prepare for the High Intensity Intervals and tabata movements. We'll use traditional yoga poses and movements in order to torch calories while engaging awareness of both the mind and body. Get ready to give it all you got! But don't worry, you'll get to rest up for a quick 15 seconds before the next movement This is an all levels class with modifications for all. (Monday night class is warm -85 degrees)

Hot All Levels Power Flow (90-95 degrees)

This yoga flow is a combination of meditation, asana and breathing with each routine centering around a core set of common poses, giving students a strong foundation for other classes. Focusing on clear alignment cues and anatomical awareness, this class helps newer students develop their own sense of how poses feel in the body, while more advanced practitioners can focus on honing precise alignment. Modifications are encouraged to customize the experience as needed. Each class will vary based off the energy of the class and the experience of the teacher with opportunities to workshop poses, build strength, and advance your practice.

Hot Detox Yoga (All levels; 90-95 degrees)

This hot yoga practice will lead you through a vinyasa practice that is accessible to all levels of experience. The goal of this practice is to ring out the toxins we all consume, inhale, and absorb in our day to day lives. This practice will include a lot of twisting poses that aim to remove toxins from the body as well as poses geared towards stimulating your thyroid gland and poses to help aid in digestion.

Hot Power Flow (Intermediate/Advanced; 95-100 degrees)

This yoga flow is inspired by the Baptiste methodology of combining meditation, asana, and inquiry into a fun and challenging yoga class. This class will introduce some advanced poses with the opportunity for modifications to meet each student where they are in their personal practice and encourage a safe exploration of what yoga has to offer. Hot Power Vinyasa is an athletic practice that links breath with movement with a focus on proper body alignment in each pose. Each class will vary based off the energy of the class and the experience of the teacher with opportunities to workshop poses, build strength, and advance your practice.

Meditation

In this 20 minute meditation, the instructor uses mindfulness and other awareness and relaxation techniques to guide the mind of the group into a single-pointed center within. As a group we will focus upon a sound, object, visualization, breath, or movement in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.

Restore and Relax

Open to all levels, this is a gentle, healing class designed to release deep layers of tension stored in the physical and energetic body. A combination of props, essential oils, and hands on adjustments are used in poses held for minutes at a time. Restorative helps you deeply relax and ends with Yoga Nidra, a guided meditation practiced in savasana, helping you release past experiences into stillness.

Vinyasa Flow/Warm Vinyasa (Tuesday)

Vinyasa (translates to “flowing with breath”) is a dynamic style of Hatha yoga which joins physical postures, or asanas, with inhales and exhales, creating a steady internal rhythm for the practice. Our Flow classes are designed to cultivate heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, arm balancing, and a strong focus on the power of breath awareness. Flow yoga classes tend to be more vigorous and aerobic. All levels welcomed. Tuesday nights class is warm (85 degrees)

Men’s Basic Yoga

This class is designed for our male students in mind, and will provide beginner level instruction in order to build strength, improve flexibility and reduce stress. Men often struggle with tightness, particularly in the hips, hamstrings and shoulders, that can lead to injury. This practice will target those areas so you can move with greater strength and ease.

Warm Gentle Vinyasa

This gentle vinyasa flow is perfect for beginners or anyone looking to unwind and recharge! The class will focus will be on connecting breath and movement, with special attention to proper alignment. The use of a warm room and gentle flowing motions and transitions, help the body become more open; facilitating ease and accessibility into different postures. The warmth will foster a broader range of motion in the body helping newer students, students returning from injury, post natal or advance students into their body in a more gentle manner. Warmth, when applied in a conscious responsible way, enables the body to open and improve circulation of blood and oxygen, reduces stress on all of the systems and allows your joints to bend and move through greater range of motion with less agitation.

Vinyasa Flow/Warm Vinyasa (80 Degrees)

Vinyasa is a style of yoga that seamlessly strings postures (asanas) and your breath together while you move. Available to all levels, this 60 minute, will challenge your mind-body connection and be the perfect jump-start for your morning. Each class will integrate alignment, balance, fun transitions, and introspection. This style of sequencing builds upon itself moving through the fundamentals and working towards more advanced poses. This way, if you're a newer student (or a seasoned practitioner that wants to take it easy) you know exactly the poses you can modify to.

Yoga for Kids

This class will help children develop healthy bodies, flowering hearts, and a calm, focused mind! Classes include playful movement and partner activity. Poses are related to aspects of nature, such as trees, birds, and animals. Children learn to have fun while cultivating universal, heart-centered laws. For children up to age 12. Parents are welcome to join; children under 4 must be accompanied by an adult.

Yoga Happy Hour

Yoga Happy Hour is an open level vinyasa class designed to help you let go of your day and act as a detox if the both the mind and the body. This class will focus on breathing and alignment while incorporating dynamic movements into the practice with a bit of challenge. If you're looking for a well rounded class and a space to soften your "hard edges" this is the class for you!