



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am Therapeutic Vinyasa Flow (Mandee)			7:15-8:00am Barre Flow (Jeffrey)		8:00-8:45am Barre Flow (Jeffrey)	9:30-10:30am Community Yoga (Desiree)
	12:15pm Meditation (Natalie)	12:00-1:00pm Community Yoga (Heather)	12:00-1:00pm Community Yoga (Laurel)	12:00-1:00pm Community Yoga (Maryellen)	9:00-10:15am Kundalini Yoga and Meditation (Sat Kriya Kaur)	10:45am Meditation (Natalie)
5:00-6:00pm 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)		10:30-11:30am Vinyasa Flow (Victoria)	
6:15-7:15pm HIIT Yoga Fusion (Alyssa)	6:30-7:30pm 26 & 2 Hot Yoga Fusion (Karen)	6:15-7:15pm All Levels Power Vinyasa (Victoria)	6:00-7:00pm Yoga Happy Hour (Jammella)	5:30 – 6:30 pm Happy Hour Core Flow (Mareena)	11:15-12:15pm Nia: Mind Body Fitness (Gemma)	5:00-6:00pm Weekend Reboot (Erin)
7:30-8:30pm Friendly Flow Community Yoga (Hannah)	7:45-8:45pm Candlelight Yin Flow (Sarah)	7:30-8:30pm Gentle with Yoga Nidra (Victoria)	7:15-8:30pm Restore & Release (Jeffrey)		11:45-12:45pm Gentle Yoga (Victoria)	

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 (45 & 60 minutes)

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 60 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.

Candlelight Yin Flow

Slow down, release tension and de-stress.

Yin Flow is a combination of a slower paced Vinyasa flow and a Yin Yoga practice. We will connect body and breath with a gentle flowing sequence and then transition to a Yin style practice with longer held poses to target joints, connective tissue and fascia. Props are used to support the body in poses held between 2-5 minutes. Room will be heated to a comfortable 75 degrees. Suitable for all levels, beginner friendly.

Community Yoga (60 minutes) (Donation Based)

*MEETS Sunday 9:30; Wednesday, Thursday and Friday Noon

This Hatha/Gentle style class offers a perfect place for new beginners to try out Yoga in a warm and welcoming space, and for long-term practitioners to get back to basics and deepen their practice amongst community. Poses will be explained in detail, and students are given time to find comfort and ease in each posture. The physical asana portion of each class contains: warm-ups, sun salutations, balancing, back bends, forward bends, twists, and inversions - the body will be stretched in all directions, and strengthened mindfully. Classes may also include basic breathing practices and meditation. These classes are donation based class and we ask that students pay what they can.

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.

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.

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 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.

Kundalini Yoga and Meditation

Kundalini Yoga includes all elements of the ancient teachings of yoga: Asana (postures), Pranayam (breathing techniques), Mantra (sound current), Mudra (hand positions), and Meditation. These aspects are combined into series of movements called Kriyas. Some Kriyas are dynamic and energetic, others are slow and meditative. Kundalini Yoga strengthens the nervous system, stimulates the glandular system, develops flexibility and tones muscles. It greatly increases mental energy and gives you a deep inner calm, strength & grace. Each class can help one become aware of much more than just the strength of the body. It helps to facilitate a change physically as well as emotionally and spiritually. This 5,000 year old sacred science is a vast body of teachings that was brought to the US by Yogi Bhajan in 1969.

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.

Therapeutic Vinyasa Flow

Energize your morning with a gentle therapeutic practice. This therapeutic vinyasa is for all levels and designed to engage breath, body, and mind. Using and exploring your own “edges” this class aims to build functional patterns of movement and flexibility, while building strength and preparing you to flow through the rest of your day!

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)

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.

Weekend Reboot

Re-energize and jump start your work week with the power of yoga. This class will begin with a mindful and gentle flow. Each week we will focus on a specific joint to mobilize, stabilize, strengthen and stretch to articulate each part of the body. There will be an extended savasana at the end to give you a complete reboot.

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!