

YOGA

MON	TUE	WED	THU	FRI	SAT
<p>Vinyasa Flow 12:00 p.m. Adriana</p> <p>Vinyasa Flow 5:30 p.m. Adriana</p> <p>Beginner/Gentle 6:30 p.m. Tina</p> <p>Mindful Meditation 6:45 p.m. Adriana</p>	<p>Closed for New Year's Eve</p>	<p>Closed for New Year's Day</p>	<p>Slow Flow 6:30 a.m. Adriana</p> <p>Mindful Meditation 7:45 - 8:15 a.m. Adriana</p> <p>Hatha Flow 12:30 p.m. Carmen</p> <p>Hatha Flow 5:30 p.m. Adriana</p>	<p>Vinyasa Flow 5:30 p.m. Tina</p>	<p>Hatha Flow 9:00 a.m. Martha</p> <p>Power Flow 12:00 p.m. Carmen</p> <p>SUN</p> <p>Vinyasa Flow 10:00 a.m. Tina</p> <p>Beginner/Gentle 12:30 p.m. Anamaria</p>

KEY

Multipurpose A

Multipurpose C

- **Beginner/Gentle:** This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.
- **Hatha/Vinyasa Flow:** Vinyasa is a step-by-step progression that has a beginning, middle and end. The classes progress in a flow-like wave with each asana flowing into the next.
- **Power Flow:** Power yoga may be appropriate for those who are looking for a more strenuous practice that want to add flexibility, balance and concentration to their exercise routines.
- **Slow Flow:** A slow-moving, yin yoga inspired class. Poses will be held longer and emphasis will be on the movement of breath. Appropriate for all levels.

- Schedule subject to change.
- Yoga is a fee-based program.
- All classes are 1 hour & 15 minutes in length, unless noted.
- Please bring your own yoga mat.

Member Status

Monthly Fee

One-Time Pass

Student Member	\$10	\$7
Non-Student Member	\$20	\$10
Non-Member	N/A	\$10 + Facility Guest Fee