

FALL 2019 CLASS SCHEDULES

GROUP EXERCISE

EFFECTIVE: August 19, 2019

UPDATED: August 9, 2019



YOGA

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|---|---|-------------------------------------|------------------------------------|---|
| Vinyasa Flow 12:00 p.m. Adriana | Slow Flow 6:30 a.m. Adriana | Power Yoga 6:30 - 7:30 a.m. Anamaria | Slow Flow 6:30 a.m. Adriana | Vinyasa Flow 5:30 p.m. Tina | Hatha Flow 9:00 a.m. Martha | |
| Vinyasa Flow 5:30 p.m. Adriana | Mindful Meditation 7:45 - 8:15 a.m. Adriana | Vinyasa Flow 12:00 p.m. Adriana | Mindful Meditation 7:45 - 8:15 a.m. Adriana | Budokon Yoga 6:30 p.m. Noosha | Power Flow 12:00 p.m. Carmen | |
| Beginner/Gentle 6:30 p.m. Tina | Hatha Flow 12:30 p.m. Rachel | Mindful Meditation 1:15 - 1:45 p.m. Adriana | Hatha Flow 12:30 p.m. Carmen | | | |
| Mindful Meditation 6:45 p.m. Adriana | Vinyasa Flow 5:30 p.m. Rachel | Power Flow 5:30 p.m. Tina | Hatha Flow 5:30 p.m. Adriana | | | Vinyasa Flow 10:00 a.m. Tina |
| | Hatha Flow 7:00 p.m. Tina | Power Vinyasa 6:30 p.m. Lina | | | | Beginner/Gentle 12:30 p.m. Anamaria |

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

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