

Yoga Class Schedule

Effective December 1, 2018

	TIME	CLASS	STUDIO	HEAT/HUMIDITY	INSTRUCTOR
Mondays	5:30-6:00am	Express Yoga	Jade		Tori
	6:00-7:00am	Alignment Vinyasa I	Jade		Tori
	9:00-10:25am	Thermal Yoga®	Jade	🔥🔥	Elena
	11:00am-12:00pm*	Stretch & Align	2		Peggy
	12:00-1:00pm	Alignment Vinyasa II	Jade		Soozie
	3:45-4:15pm	Kids' Yoga	2		Gina
	4:15-5:00pm	Kids' Yoga	2		Gina
	5:30-6:30pm	Power Vinyasa	Jade	🔥	Tambra
Tuesdays	6:00-7:00am	Thermal Yoga® 60	Jade	🔥🔥	Elena
	9:15-10:15am*	Hatha I	Jade		Malissa
	10:30-11:30am	Power Vinyasa	Jade		Tonya
	12:00-1:00pm	Power Vinyasa	Jade	🔥	Tonya
	4:30-5:30pm	Yoga Sculpt	2		Lindsey
	6:00-7:00pm	Basic Vinyasa	Jade		Chris
	7:00-8:00pm	Yin/Meditation	Jade		Malissa
Wednesdays	5:30-6:00am	Express Yoga	Jade		Carisa
	6:00-7:00am	Alignment Vinyasa I	Jade		Carisa
	7:30-8:45am	Power Vinyasa	Jade	🔥🔥	Tonya
	9:00-10:25am	Thermal Yoga®	Jade	🔥🔥	Deb
	11:00am-12:00pm*	Stretch & Align	2		Drew
	12:00-1:00pm	Basic Vinyasa	Jade		Malissa
	5:30-6:30pm	Power Vinyasa	Jade	🔥	Alana
Thursdays	6:00-7:00am	Thermal Yoga® 60	Jade	🔥🔥	Elena
	9:15-10:15am*	Hatha II	Jade		Carisa
	10:30-11:30am	Power Vinyasa	Jade		Malissa
	12:00-1:00pm	Power Vinyasa	Jade	🔥	Claudia
	4:30-5:30pm	Yoga Sculpt	2		Lara
	5:30-6:45pm	Thermal Yoga® 75	Jade	🔥🔥	Jen R.
	6:00-7:00pm*	Basic Vinyasa	2		Lara
	7:00-8:00pm	Yin/Meditation	Jade		Laurel
Fridays	5:30-6:00am	Express Yoga	Jade	🔥	Chris
	6:00-7:00am	Alignment Vinyasa I	Jade	🔥🔥	Chris
	9:00-10:25am	Thermal Yoga®	Jade	🔥🔥	Jen R.
	11:00am-12:00pm*	Stretch & Align	2		Peggy
	12:00-1:00pm	Alignment Vinyasa II	Jade		Krystal
4:30-5:30pm	Yin/Meditation	Jade		Brianne	
Saturdays	8:00-9:15am	Power Vinyasa	Jade	🔥	Tonya
	9:30-10:30am	Thermal Power Fusion	Jade	🔥	Tonya
	9:45-10:45am	Yoga Sculpt	2		Lindsey
	11:00-12:00pm*	Yin/Meditation	Jade		Laurel
Sundays	8:15-9:15am	Alignment Vinyasa I	Jade	🔥🔥	Drew
	9:30-10:45am	Thermal Yoga® 75	Jade	🔥🔥	Elena
	11:30am-12:30pm	Restorative Yoga	Jade		Alana
	4:00-5:00pm*	Candlelight Vinyasa	Jade		Brianne

* Indicates classes suitable for beginners

🔥 98°/50% 🔥🔥 105°/55%

CLASS DESCRIPTIONS

Alignment Vinyasa I / II

Designed to cultivate heat in the body with creative, intelligent sequences and a focus on the connection of breath. Level 2 is not recommended for beginners and will take your practice to the next level.

Basic Vinyasa

The pace will be slower than our Power Vinyasa classes so we can focus on alignment and posture. This class is great for anyone working with injuries, beginning their practice or wanting to brush up on the foundations of yoga.

Candlelight Vinyasa

Start your week with this slow paced candlelight Vinyasa class-suitable for all levels.

Express Yoga

This express class offers 30 minutes of Basic Vinyasa. The perfect start to your day.

Hatha I / II

Designed to balance opposing parts of the body through supported postural alignment, guided pranayama (breath) and meditation. Hatha I is more suitable for beginners; Hatha II offers options to progress into more difficult postures and techniques.

Power Vinyasa

This is a vigorous, fitness-based approach to Vinyasa style yoga. The Power Yoga flow will burn calories, tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment. Some classes taught in heat. Please see schedule for specifics. Not recommended for beginners.

Restorative Yoga

This calming practice is intended to align your physical and mental being with a series of gentle poses supported by props. Leave feeling relaxed and energized. Ideal for all levels

Stretch & Align

A series of flowing, dynamic and static stretches designed to enhance everyday functional movement. Decompress the spine, restore body symmetry, increase flexibility and improve balance and posture.

Thermal Power Fusion

A fusion of the traditional 26 Hot Yoga postures with the Asanas found in our Alignment/Power Vinyasa classes. Benefits include further hip opening as well as upper body and core strengthening. All levels welcome.

Thermal Yoga

All levels of students from beginner to advanced are welcome. The series of 26 postures and breathing exercises is practiced in a heated room, warming our bodies to reduce the risk of injury and release toxins through sweat.

Yin/Meditation

Suited for all levels, this class combines postures that target deep connective tissue with the healing benefits of meditation to quiet the mind. Increase circulation, improve flexibility, and renew the body's flow of energy.

Yoga Sculpt

This total body workout is designed to tone and sculpt every major muscle group. You will move through sun salutations and other yoga postures using hand weights to add strength and depth to each pose.



Children must be 14 years or older to participate in Thermal and Power Yoga