



## Schedule

**Winter 2024**

Effective January 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:45–10:45AM <b>Slow Yoga Flow</b> Mekea	6:30–7:15AM <b>Pilates Express</b> Tammi	9:45–10:45AM <b>Vinyasa Yoga Flow</b> Amy	6:30–7:30AM <b>Yoga for Men</b> Lou
11:00AM–12:00PM <b>Restorative</b> Mekea	7:30–8:30AM <b>Hatha Yoga Flow</b> Tammi	11:00AM–12:00PM <b>Restorative</b> Amy	9:45–10:45AM <b>Vinyasa Yoga Flow</b> Marisa
	9:45–10:45AM <b>Vinyasa Yoga Flow</b> Lyn		11:00AM–12:00PM <b>Pilates</b> Heather
5:00–6:00PM <b>Strength + Core Yoga Flow</b> Laurence	11:00AM–12:00PM <b>Pilates</b> Jen		
6:30–7:30PM <b>Vinyasa Yoga Flow</b> Nadeje	7:30–8:30PM <b>Slow Yoga Flow</b> Roxanne	7:30–8:30 <b>Vinyasa Flow</b> Roxanne	6:30–7:30PM <b>Restorative</b> Michelle

FRIDAY	SATURDAY	SUNDAY
7:30–8:30AM <b>Vinyasa Flow Yoga</b> Michelle	8:30–9:45AM <b>Hatha Yoga Flow 75</b> Mekea	8:30–9:30AM <b>Hatha Yoga Flow</b> Tammi
9:45–10:45AM <b>Vinyasa Yoga Flow</b> Anna B.	10:00–11:00AM <b>Prenatal/Postpartum</b> Mekea	9:45–10:45AM <b>Vinyasa Yoga Flow</b> Laurence
11:00AM–12:00PM <b>Restorative</b> Mekea	10:45–11:45AM <b>Vinyasa Yoga Flow</b> Anna	
12:30–1:30PM ★ <b>Lunch Time Yoga Flow</b> Mekea		
5:30–6:30PM <b>Candlelight Yoga &amp; Meditation</b> Anna B.		

### Key

★ New Class

😊 New Instructor

🕒 New Time

### Class Descriptions

**Restorative Yoga** - Cultivate mindfulness and release stress and find physical, mental, and emotional relaxation. Restorative Yoga is appropriate for all levels, and is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

**Slow Flow Yoga** - Enjoy a slower flow class that is sandwiched between a longer warm up and cool down. Attention is paid to building strength, balance and functional alignment from the ground up, feet to finger tips.

**Vinyassa Yoga Flow** - Free your body & mind in this faster paced vinyasa style class where each movement and pose is linked with breath. The flow will include poses and transitions

that promote strength building, core awareness and flexibility for the whole body.

**Yin Yoga** - Yin yoga works deeply into our body with passive, longer-held poses. Yin yoga targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, and the deep fascia networks of the body. Yin yoga improves the energy flow, enhancing the flow of chi in the organs. Yin yoga also offers wonderful emotional and mental health benefits.

**Pilates** - Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with breathing patterns. Our Pilates is done on a mat and is core focused.