

# CLASS SCHEDULE

| DAY | TIME | CLASS | INSTRUCTOR |
|-----|------|-------|------------|
|-----|------|-------|------------|

|           |                     |                     |         |
|-----------|---------------------|---------------------|---------|
| Monday    | 9:30 am - 10:30 am  | Slow Flow           | Denise  |
|           | 4:30 pm - 5:30 pm   | Slow Flow           | Heather |
|           | 5:45 pm - 7:15 pm   | Ashtanga            | Denise  |
|           | 7:30 pm - 8:30 pm   | Yin Yoga            | Denise  |
| Tuesday   | 9:30 am - 10:30 am  | Slow Flow           | Julie   |
|           | 5:45 pm - 6:45 pm   | Slow Flow           | Denise  |
|           | 7:15 pm - 8:15 pm   | Short From Ashtanga | Denise  |
| Wednesday | 9:30 am - 10:30 am  | Slow Flow           | Denise  |
|           | 5:30 pm - 6:30 pm   | Slow Flow           | Denise  |
|           | 7:00 pm - 8:00 pm   | Ashtanga Remix      | Denise  |
| Thursday  | 9:30 am - 10:30 am  | Slow Flow           | Julie   |
|           | 5:30 pm - 6:30 pm   | Slow Flow           | Denise  |
|           | 7:00 pm - 8:00 pm   | Ashtanga Remix      | Denise  |
| Friday    | 9:30 am - 10:30 am  | Slow Flow           | Denise  |
|           | 5:30 pm - 6:30 pm   | Slow Flow           | Heather |
|           | 7:30 pm - 8:30 pm   | Yin Yoga            | Denise  |
| Saturday  | 8:00 am - 9:00 am   | Slow Flow           | Denise  |
|           | 9:30 am - 10:30 am  | Slow Flow           | Denise  |
|           | 11:00 am - 12:00 pm | Short From Ashtanga | Denise  |
| Sunday    | 9:30 am - 10:30 am  | Slow Flow           | Jamie   |
|           | 4:00 pm - 5:00 pm   | Slow Flow           | Jamie   |

**YIN YOGA:** *A very quiet and passive practice all done in seated, holding postures longer to stretch the connective tissue that often doesn't get targeted in a regular asana practice.*

**Thai Yoga Massage:** *The therapist uses a gentle compression and stretching techniques to open the body, increasing flexibility to the muscles, joints and increasing circulation. This takes place on a quilted mat, on the floor wearing comfortable yoga clothing.*

**Ashtanga Remix:** *This class brings a fresh approach to an ancient practice that is linking breath and movement. It is an Ashtanga inspired practice with a vinyasa flow in a heated room.*