



class descriptions

Beginner Classes

Postures are introduced in a step-by-step manner along with correct breathing techniques. Ideal for first timers.

Hatha

A gentle practice where poses are introduced at a slow pace in order to gain correct posture alignment. Ideal for beginners and all levels.

Power

An energetic flow class heated to 32°C that builds on intensity and stamina to build flexibility, strength and core stability. Beginners will be challenged; all levels.

YHot

Following the YYoga hot sequence of static postures, the room is heated to 40°C for deep stretching and a detoxifying sweat. Ideal for beginners and all levels.

Core

Non-impact movements that focus on core stability, strength and coordination. Beginners will be challenged; all levels.

Pilates

Tone and align from the inside out while increasing range of motion, and re-balancing the entire body. Ideal for beginners; all levels.

Kundalini

Energizing combination of movements for the spine, dynamic breathing techniques, visualization and chanting to purify your body. All levels.

Yin

This meditative slow-paced class focuses on passive, long stretches. Ideal for beginners; all levels.

Kids

Fun and imaginative, this class helps children build strength, flexibility, coordination and concentration through basic postures and games. Ages 4-11.

Schedule effective January 4th

	M	T	W	Th	F	Sat	Sun
6:00 – 7:00	Power	YHot	Power	YHot	Power		
8:00 – 9:00	YHot	Core	YHot	Core	YHot	YHot	YHot
9:00 – 10:15	Hatha		Hatha		Hatha	Hatha	Hatha
9:30 – 10:45		Flow		Flow		Power	Power
10:30 – 11:30	Pilates	Pilates	Pilates	Pilates	Pilates	Core	Pilates
12:00 – 1:00	YHot	Power	YHot	Power	YHot	Beginner Power	YHot
						Prenatal (75 min)	Kids
2:00 – 3:15						Hatha	Hatha
4:00 – 5:15	Power	Core	Beginner Power	Core	Power (60 min) Kids (60 min)	YHot	Power
5:00 – 6:15	Hatha	Pilates (60 min)	Hatha	Kundalini	Hatha	Kundalini	Hatha by donation
5:30 – 6:45	YHot	Power	YHot	Power	YHot	Power	YHot
6:30 – 7:30	Core	Hatha (75 min)	Core	Pilates	Core		
7:00 – 8:15	Power	YHot	Power	YHot	Power	Yin	Yin
8:00 – 9:15	Yin	Yin	Yin	Yin	Yin		
8:30 – 9:30	YHot	YHot	YHot	YHot			

Please note schedule is subject to change. See website for current class schedules and workshop listings.