



FITNESS SCHEDULE

SUNDAY

- 9:00 AM WALL YOGA
- 10:15 AM VINYASA FLOW
- 11:30 AM SOUND HEALING MEDITATION
(SELECT SUNDAYS)

MONDAY

- 8:30 AM WALL YOGA
- 9:45 AM ROLL, RELEASE & RESTORE
- 5:30 PM WALL YOGA

TUESDAY

- 8:30 AM WALL YOGA
- 9:45 AM AROMA YIN-FUSED YOGA
- 5:30 PM PILATES

WEDNESDAY

- 8:30 AM WALL YOGA
- 9:45 AM CHAKRA YOGA
- 5:30 PM VINYASA FLOW

THURSDAY

- 8:30 AM WALL YOGA
- 9:45 AM HATHA YOGA

FRIDAY

- 8:30 AM WALL YOGA

SATURDAY

- 8:30 AM WALL YOGA
- 9:45 AM RED ROCK & FLOW
- 11:00 AM PILATES



CLASSES ARE \$10 EACH OR COMPLIMENTARY WITH OUR MONTHLY MEMBERSHIP PROGRAM. FOR SOUND HEALING MEDITATION CALL THE SPA FOR DATES & PRICING.

WALL YOGA

THIS SPECIALTY CLASS IS HELD IN A STUDIO WITH A CUSTOM WALL BEDECKED WITH REMOVABLE HARNESSSES THAT HELP ALIGN, STRETCH AND SUPPORT YOU IN YOUR YOGA PRACTICE. THIS CLASS IS AN IDEAL CHOICE FOR THOSE SEEKING AN INNOVATIVE WAY TO ENHANCE THEIR YOGA EXPERIENCE ON THE MAT AND PLAY AT THE WALL. SUITABLE FOR ALL LEVELS.

VINYASA FLOW

THIS FLOW-CENTRIC YOGA PRACTICE FOCUSES ON LINKING BREATH WITH CONSCIOUS, MINDFUL MOVEMENTS TO ACHIEVE STRENGTH, BALANCE AND FLEXIBILITY WHILE INVIGORATING THE MIND, BODY AND SOUL. SUITABLE FOR ALL LEVELS.

ROLL, RELEASE & RESTORE

IN THIS CLASS YOU WILL BE GUIDED THROUGH A SERIES OF STRETCHES, YOGA POSES AND (SMR) SELF-MYOFASCIAL RELEASE MASSAGE TECHNIQUES WITH TOOLS BY A CERTIFIED NASM CORRECTIVE EXERCISE SPECIALIST, MASSAGE THERAPIST AND YOGA TUNE UP® THERAPY BALL PRACTITIONER. WHETHER YOU ARE TENDER FROM TRAVEL, LIFE OR YOUR OUTDOOR ADVENTURES, PREPARE TO ROLL, RELEASE AND RESTORE THE ISSUES IN YOUR BODY'S TISSUES. SUITABLE FOR ALL WEEKEND WARRIORS, ATHLETES, YOGIS AND THOSE SEEKING GREATER (ROM) RANGE OF MOVEMENT AND FUNCTIONAL MOBILITY.

AROMA YIN-FUSED YOGA

IN THIS CLASS EXPERIENCE A GENTLE YIN PRACTICE WHERE YOU HOLD GROUNDING POSTURES 3-5 MINUTES IN ORDER TO FOSTER AN UNWINDING RELEASE IN THE CONNECTIVE TISSUE AND MUSCLES WHILE BEING ENCHANTED BY A TOPICAL INFUSION OF OUR SIGNATURE BODY BLISS AROMATHERAPY OILS. SLOW DOWN AND TAKE PAUSE IN THIS SENSORY EXPERIENCE. SUITABLE FOR ALL LEVELS.

PILATES

THIS CLASSIC MAT PILATES FORMAT, WHICH WAS DEVELOPED IN THE 1920S BY JOSEPH PILATES AS A WAY TO MAKE BODIES STRONG AND FLEXIBLE, FEATURES MAT EXERCISES TO DEVELOP COMPLETE COORDINATION OF BODY, MIND, AND SPIRIT. WITH FOCUS ON CORE, IMPROVING THE BODY'S ALIGNMENT AND OVERALL TONE, COME EXPLORE THIS PRACTICE AND SEE HOW PILATES CAN IMPROVE YOUR LIFE. SUITABLE FOR ALL LEVELS.

CHAKRA YOGA

THIS YOGA CLASS PLACES REVERENCE ON BALANCING ONE'S SUBTLE ENERGETIC BODY OR THE CHAKRAS. EACH CLASS IN OUR MIND BODY STUDIO WILL USE LIGHTING, MUSIC, MEDITATION AND YOGA POSTURES TO ENHANCE CONNECTION TO A SPECIFIC ENERGY CENTER. PREPARE TO ALIGN PHYSICALLY AND ENERGETICALLY IN THIS PRACTICE. SUITABLE FOR ALL LEVELS.

HATHA YOGA

THIS GENTLE YOGA PRACTICE IS SLOW AND GREAT FOR BEGINNERS OR STUDENTS WHO PREFER A MORE RELAXED STYLE WHERE THEY HOLD YOGA POSES LONGER AND FOCUS ON PROPER FORM AND BREATHWORK. SUITABLE FOR ALL LEVELS.

RED ROCK & FLOW

IN THIS CLASS TAKE YOUR PRACTICE UP A NOTCH WITH A FAST-PACED POWER VINYASA FLOW FEATURING MORE CHALLENGING TRANSITIONS, POSTURES AND BALANCING SET TO AN UPBEAT PLAYLIST. SUITABLE FOR STUDENTS WITH YOGA EXPERIENCE.