

# CLASS SCHEDULE

July 1 – September 30, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Drop In \$15	
					10 Classes \$130	
					Monthly Unlimited \$120	
					1 Month Unlimited \$130	
					6 Months Unlimited \$680	
					Annual Unlimited \$1,300	
8:30 – 10:00 am <i>Awakening Asana</i> Dennis	8:30 – 10:00 am <i>Rockin' Vinyasa</i> Daniella	8:30 – 10:00 am <i>Awakening Asana</i> Debra	8:30 – 10:00 am <i>Rockin' Vinyasa II</i> Daniella	8:30 – 10:00 am <i>Awakening Asana</i> Debra	8:30 – 10:00 am <i>Rockin' Vinyasa</i> Jennifer	9:00 – 10:15 am <i>Dynamic Fusion</i> Heather
10:15 – 11:30 am <i>Gentle Groove</i> Revati	10:30 – 11:45 am <i>Hoopdance</i> Nicole	10:30 – 11:30 am <i>Relax &amp; Balance</i> Cynthia	10:30 – 11:45 am <i>Dynamic Fusion</i> Dennis	10:15 – 11:30 am <i>Gentle Groove</i> Debra	10:15 – 11:15 am <i>Awakening Asana</i> Jennifer	10:30 am – 12:00 pm <i>Rockin' Vinyasa</i> Heather
12:00 – 1:15 pm <i>Universal Play</i> Sophia		12:00 – 1:15 pm <i>Dynamic Fusion</i> Daryl		12:00 – 1:15 pm <i>Universal Play</i> Sophia	11:30 am – 12:30 pm <i>Relax &amp; Balance</i> Cynthia	
					4:30 – 5:30 pm <i>Community</i> Free Class	4:30 – 6:00 pm <i>Rejuvenate &amp; Restore</i> Debra
5:30 – 6:45 pm <i>Prana Flow</i> Michelle	5:30 – 6:45 pm <i>Rockin' Vinyasa</i> Amin	5:30 – 6:45 pm <i>Dynamic Fusion</i> Amin	5:30 – 6:45 pm <i>Rockin' Vinyasa</i> Debra	5:30 – 6:45 pm <i>Rockin' Vinyasa</i> Katie	<b>INVITE YOUR FRIENDS TO PLAY!</b> Receive a 10% discount coupon when you refer a friend.	
7:00 – 8:30 pm <i>Acro Yoga</i> Michelle	7:00 – 8:00 pm <i>Beginner's Bliss</i> Debra	7:00 – 8:30 pm <i>Rockin' Vinyasa II</i> Amin	7:00 – 8:00 pm <i>Beginner's Bliss</i> Debra	7–8pm   8–10pm <i>Moving Arts   Dance Jam</i> Nicole & Guests		

Teenagers, seniors (65+), students & military receive 20% discount on drop-in and 10-class series. Unlimited Members receive 20% discount on all clothing (excluding special sales).

## ALL LEVELS

### RELAX & BALANCE

Meditation, breath work, & optional oneness blessing relaxes the mind and balances connection with ones essence.

### REJUVENATE & RESTORE

Mild pace of restorative poses will soften and open the body to relieve stress and tension.

### GENTLE GROOVE

Gentle flow of poses with modifications. Perfect for seniors and pre/postnatal.

### MOVING ARTS

Alternating movement class encourages creativity and expression. Followed by donation based free form "Dance Jam".

## BEGINNER | INTERMEDIATE

### BEGINNER'S BLISS

Explore the foundational elements of yoga in an easy pace of basic poses, breathing and meditation.

### UNIVERSAL PLAY

Steady pace of mixed level poses invites students into a playful flow of grace.

### AWAKENING ASANA

Moderately paced flow of level 1 poses with level 2 options deepens awareness of alignment & connection to life force.

### DYNAMIC FUSION

Energizing level 2 flow with level 1 options, fuses up-tempo poses and breath into a lively harmony.

### HOOPDANCE

Cultivate joy and mind/body connection. Workout, meditate and play in the circle.

## INTERMEDIATE | ADVANCED

### PRANA FLOW

Energetic, creative flow of poses, empowers students to experience prana as the source of yoga & vitality.

### ROCKIN' VINYASA

Energizing vigorous flow of level 2 poses with level 1 options strengthens connection to inner power and joy.

### ROCKIN' VINYASA II

Challenging vigorous flow of level 2 poses with level 3 options inspires and empowers growth.

### ACRO YOGA

Invigorating flow of poses and partner work playfully cultivates trust, strength and connection.