

# CLASS SCHEDULE

April 1 – June 30, 2008

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

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.

### YOGA TRANCE DANCE

Creative "free-form" flows into breath driven movement blending various styles of yoga and West African dance.

## 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.

## 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.