

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	YR	TR	YR	TR	YR	TR	YR	TR	YR	TR	YR	TR	YR	TR
YR = Yoga Room	Rise and Shine 6:00-7:00 Sarah			Life Quest 1 (&2) 6:00-7:00 Sarah	Rise and Shine 6:00-7:00 Sarah			Life Quest 1 (&2) 6:00-7:00 Sarah						
TR = Training Room				Life Quest (1 & 2) 7:00-8:00 Sarah				Life Quest (1 & 2) 7:00-8:00 Sarah						
	Barre 7:15-8 Sarah				Barre 7:15-8 Sarah							815am Barre Amanda W.		
		Quest 9:30-10:30 Sarah				Quest 9:30-10:30 Sarah				Quest 9:30-10:30 Tricia		Slow Flow 9:15-10:30 Deb		Vinyasa 8:00-9: Sarah
	101 10:45-11:45 Sarah				Gentle 10:45-11:45 Sarah									Barre 9-10am Sarah
														Aroma Yin 10:15-11:00a Sarah
	Barre 5:30-6:15 Sarah	Life Quest 3 5:30-6:30 Colleen		Life Quest 1 &2 5:30-6:30 Sarah	530pm Barre Amanda W.	Life Quest 3 5:30-6:30 Colleen	Barre 5:30-6:15 Sarah	LQ 5:30-6:30 Ashley		LQ 5:30-6:30 Colleen				
	Vinyasa 6:30-7:30 Haley		Barre 6:30-7:15 Sarah		Mat Pilates 6:30-7:30 Amanda C		Restorative 6:30-7:30 KJ							
	Slow Flow 7:45-8:45 Haley				Yin 7:45-8:45 Jess		Dec 1st - Feb 2nd 10 classess w/ 2 week holiday break 7:45-9:00 Sarah							

## **Class descriptions:**

### **Heated Vinyasa yoga:**

Is ideally practiced in a room heated to approximately 78 to 95 degrees Fahrenheit, depending on the studio. You can expect a flowing class that contains Pranayama, sometimes music and a variety of different poses that range from novice level to advanced. Poses are held for a specific number of breaths before moving on to the next pose. Vinyasa also refers to the movements or series of movements done between each pose in the series.

### **Yin Yoga:**

This yoga practice combines the elements of both Yin and Restorative Yoga. Yin is a form of yoga comprised of holding postures longer to allow a stretch of the connective tissue, increasing range of motion over time. Restorative Yoga is a form of active therapeutic relaxation that may use props and blankets to modify traditional yoga poses and melt away tension. For all levels. Temp. 75-85F.

### **Yoga Foundations:**

If you are looking to grow your practice from the ground up or return to the basic roots of yoga, this class is for you. Come explore a series of basic poses allowing you to create the pose based on your own body readiness. The teacher guides you through the practice one pose at a time leading to improved strength, flexibility and body awareness. For all levels. Temp. 75-85F.

### **Rise and Shine Yoga:**

Drag your sleepy self out of bed and onto the yoga mat; pyjamas are perfectly acceptable attire. In this 60 minute class you will be gently awoken, physically and mentally. Starting with a floor warm up sequence we gradually build energy through postures that will perk you up, open your hips, lengthen your spine and stretch your shoulders (perfect if you spend most of your day hunched over a computer). You will leave feeling energised, positive and ready to face the day with a can-do attitude. It's amazing how yoga in the morning can set the tone for the rest of your day.

No experience necessary, complete beginners welcome.

### **Barre Sculpt:**

This class uses a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Also, don't be surprised if your class incorporates light hand held weights to bring the burn during all those reps, as well as mats for targeted core work.

### **Yoga Sculpt:**

When muscle meets yoga, Yoga Sculpt is born. Boost metabolism and build lean muscle mass as you move to upbeat tracks. You'll combine free weights with Yoga sequencing and cardio to intensify each yoga pose while mixing in strength-training moves like squats, lunges, shoulder presses and bicep curls.