

CLASSES IN **BOLD** ARE
IN THE HOT STUDIO



Week of
12/8/25

MONDAY 8

9:15-10:15am Hatha Yoga - Barbara**

10:30-11:30am Pilates Mat - Deb**

10:30-11:30am Healthy Backs - Barbara**

4:45-5:45pm Slow Flow Vinyasa - Catherine

6:00-7:00pm Vinyasa - Catherine

TUESDAY 9

8:15-9:10am Precision Barre - Deb

9:30-10:30am Hot Vinyasa - Catherine

9:30-10:30am Gentle Flow - Polina**

5:30 - 6:30pm Hatha Flow - Deb**

6:45 - 7:45pm Yin Yoga - Deb**

WEDNESDAY 10

5:45-6:40am Precision Barre - Deb

9-10:00am Slow Flow Vinyasa - Anne

10-11:00am Pilates Sculpt - Deb

12-1:00 pm Healthy Backs - Andy

5:30-6:30pm Gentle Flow - Polina

6-7:00pm Hot Vinyasa - Heather

THURSDAY 11

8:15-9:10am Precision Barre - Deb

9:30-10:30am Gentle Flow - Anjali**

4:30-5:30pm Restoration at the Wall - Deb

6:00-7:00pm Yin Yoga - Deb**

FRIDAY 12

8-9:00am Slow Flow Vinyasa - Deb

9:30-10:30am Hot Vinyasa - Anjali**

9:15-10:15am Foundation Strength & Flexibility - Deb

12:15-1:15pm Healthy Backs - Barbara

SATURDAY 13

9:30-10:30am Hot Vinyasa - Heather

9:30-10:15am Express Slow Flow Joanna

10:30-11:30am Healthy Backs - Andy

10:45-11:45am Yin for Healthy Backs - Heather

SUNDAY 14

7:45-9:00am Ashtanga Flow - Dr. Salil

9-10:00am Cardio Barre - Andy

10:15-11:15am Healthy Backs - Andy

10:30-11:30am Hot Vinyasa - Catherine

3-4:00pm Gentle Flow - Polina**

TEMPERATURE GUIDE

Precision Barre, Cardio Barre, Postural Strength & Flexibility
75-78

Healthy Backs - 78-82

Yin Yoga, Gentle Flow, Hatha, Wall Classes 80-82

Slow Flow Vinyasa, Hatha Flow 82-88

Hot Vinyasa 90-92+

** Notes a substitute

Only classes with a flame are hot classes. Classes in bold and underlined but no flame, are in the hot studio because of higher attendance.

The class will NOT be hot.

WELCOME! HELP US CREATE A SPECIAL EXPERIENCE FOR EVERYONE BY FOLLOWING THIS SHORT LIST OF RULES:

- * Arrive on time and if you must leave early, please do so before savasana.
- * Shoes are not permitted in the studios
- * No cell phones, even on silent the light is distracting to others' practice.
- * Allow previous class to leave the room before you enter.
- * Practice Noble Silence waiting at the door and waiting in the studio for class to begin.

GENTLE YOGA

Hatha Yoga - Hatha Yoga means the union or the harmony between opposite forces. Understanding the mechanics of the body, and then using movement and postures to drive your energy in specific directions is what Hatha Yoga is about. If you can CONSCIOUSLY get your body into different postures, you can elevate your CONSCIOUSNESS. Expect to be taught; **what** to do, **how** to do it and **why** do we do it.

Healthy Backs - The perfect class for beginners or experienced yogi, looking to stretch and strengthen the spine in all 6 directions. You will leave feeling longer, looser and more relaxed.

Restore at the Wall - All asanas are performed at the wall. The wall is used to provide greater stability and to reinforce alignment principles. Although this class is held in the hot studio, the far infra-red system may not be used

Yin Yoga - This practice targets the "yin" parts of the body. The bones, ligaments and connective tissue of the hips, low back, pelvis and shoulders. Unlike muscles, which are more "yang", and benefit from a active practice, these tissues need to be addressed through long holds in a calm and relaxed environment.

Hatha Flow - In hatha flow we learn the hatha yogasana (poses), and the way to transition between two postures. Repetitions will train the body to move with skill, intention and grace, improving the quality of movement. This class is perfect for beginners and intermediate level students. You will learn HOW TO FLOW. To make your vinyasa practice better, this class will be very helpful.

Gentle Flow - This class for everyone. You will be guided through standing poses and core exercises, followed by a relaxing Yin-based cool-down and then, savasana. This class is medium-level difficulty, somewhere between a Healthy Backs class and a Slow Flow Vinyasa.

VINYASA

Vinyasa means the synchronization of breath and movement. Vinyasa classes may be more appropriate for the intermediate yogi or the physically active, the classes are more vigorous and athletic. After sun salutations to warm up we progress through a sequence of postures of "flows". Class concludes with deep stretches and then savasana!

Hot Vinyasa - Get your "flow" on and experience all of the health benefits of far infra - red heat, including: immune function improvement, increased blood flow, healthier cells and an increased breakdown of fatty acids. Please hydrate before, during and after class.

Slow Flow Vinyasa - A slower version of a Vinyasa practice with attention to alignment and technique. Like Hot Vinyasa, Slow Flow also includes flowing on your own, inversions and balancing poses. The room will be cooler, the flows, less complex and the holds are 3-5 breaths.

Express Slow Flow - A shorter version of a Slow Flow Vinyasa class, for those of you with a packed agenda! You will progress to the flows a little faster and get to your deep stretching a little sooner. No worries, you will still get your full savasana!

STRENGTH & TONING

Precision Barre - This class uses one's own body weight and unique equipment while integrating the most effective target toning techniques. This allows the entire body to work evenly, creating greater flexibility, strength & definition. This is a workout for everybody.

Cardio Barre - What makes this Barre class a Cardio class? We keep the movements dance based and big! Expect 2nd position grande plie`s, squats and other dance based movements at the barre. Your upper body will consist of push-up variations at the barre and combinations using small dumbbells. Before you start on floor work you will do lower and upper body combinations, with no breaks! That why it's cardio! You will get a well deserved stretch at the end.

Strength & Flexibility - Increase flexibility, range of motion and circulation with a combination of standing and mat exercises. Body weight work will strengthen your core and improve posture. Everyone will benefit from this invigorating head to toe workout!
