



# NEW LOCATION!!!!!!

## FALL 2011 Schedule

### MONDAY

8:10 am-9:00 am Beginner/Intermediate Yoga--- Georgette

### TUESDAY

5:30 pm-6:30 pm Fat burning Pilates---Georgette

### WEDNESDAY

8:15 am-9:15 am Walking or Pilates---Georgette  
10:00 am-11:30 am Beginner/Intermediate Yoga---  
Georgette

### THURSDAY

5:30 pm-6:30 pm Fat burning Pilates---Georgette

### SATURDAY

8:00 am-9:20 am Walking or Pilates---Georgette  
9:30 am-11:00 am Beginner/Intermediate Yoga---Georgette

**Beginner/Intermediate Yoga:** A practice where all are welcome. Students of all levels practice together, with modifications offered to our beginner students.

**Fat burning Pilates:** Using pilates core methods, we incorporate weights and the balance ball along with stretching to achieve a full body workout. Challenging and fun!

**Power Yoga:** An active yoga class! We practice vinyasa style....vigorous from beginning to end!

**Walking:** A refreshing way to exercise outdoors. We use stair steps and benches to increase strength and receive cardio benefits without straining joints.

**Cardio n Weights:** A great way to relieve stress! We dance (no coordination required), we use dumbbells and the stability ball. Bring water because you'll need it. A fun way to workout!

**Gentle Hatha Yoga:** A refreshing blend of asana that includes breath awareness and gentle movements. Explore how the breath can be used to bring a meditative aspect to both stillness and movement, creating an atmosphere for renewal.

**Restorative Yoga:** The most gentle class offered. The body is supported by the use of props such as blankets and bolsters. Poses are held for minutes at a time. This allows the body to enter a more relaxed state.

- \$12-drop-in fee
- \$60-one month all classes
- \$660-for 1 year all classes
- \$30 - 3 class punchcard \$100 - 10 class punchcard
  - Punchcard system: 1 card expires in 6 months
- You may attend any class when you can-that means any class-anytime within 6 months!
  - AND YOUR FIRST TRIAL CLASS IS FREE