

Winter 2009/2010



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.

MONDAY

8:00 am-9:00 am Beginner/Intermediate Yoga--- Georgette
6:30 pm-7:45pm Beginner/Intermediate Yoga---Georgette

TUESDAY

10:00 am-11:00 am Yoga/Pilates Mix---Wendy
6:00 pm-7:00 pm Fat burning Pilates---Georgette
7:00 pm-8:00 pm Restorative Yoga---Kiwana

WEDNESDAY

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

THURSDAY

6:00 pm-7:00 pm Cardio n Weights---Georgette

FRI DAY

8:00 am-9:00 am Gentle Yoga---Georgette
6:30 pm-7:30 pm Power Yoga---Wendy

SATURDAY

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

- \$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