

Inspire Health & Wellness Spa Schedule

Sept Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
2 LABOR DAY WEEKEND - Spa Closed	3 LABOR DAY - Spa Services Closed - Yoga only Candle Lit Gentle Flow (8 pm) (Sami - Sub)	4 Beginners Flow (5:30 pm) (Paula) Yoga Flow 2 (7 pm) (Paula)	5 Beginners Flow (9am) (Kelly) Beginner Warrior Yoga (6pm) (Paula)	6 Yoga Flow 1 (6:45 pm) (Sami) Yin Yoga (8pm) (Kelly)	7 Yoga Flow 1 (5:30 am) (Sami) YogaBarre (5:30 pm) (Sami)	8 YogaBarre (8:30 am) (Anna) Flow 2 (9:30 am) (Anna)
9 \$5 Weekend Wind-Down (7:30 pm) (Sami)	10 Candle Lit Gentle Flow (8 pm) (Kelly)	11 Beginners Flow (5:30 pm) (Anna -Sub) Yoga Flow 2 (7 pm) (Anna - Sub)	12 Beginners Flow (9am) (Kelly) Yoga Sculpt (6pm) (Anna - Sub)	13 Yoga Flow 1 (6:45 pm) (Sami) Yin Yoga (8pm) (Kelly)	14 Yoga Flow 1 (5:30 am) (Sami) YogaBarre (5:30 pm) (Anna - Sub)	15 Spring Forest Qigong Level 1 for Health (9 am - 6 pm) (Spirit)
16 \$5 Weekend Wind-Down (7:30 pm) (Sami)	17 Candle Lit Gentle Flow (8 pm) (Kelly)	18 Beginners Flow (5:30 pm) (Paula) Yoga Flow 2 (7 pm) (Paula)	19 Beginners Flow (9am) (Kelly) Beginner Warrior Yoga (6pm) (Paula)	20 ** No Yoga Flow 1 Today due to event!	21 Yoga Flow 1 (5:30 am) (Sami) YogaBarre (5:30 pm) (Sami)	22 YogaBarre (8:30 am) (Anna) Flow 2 (9:30 am) (Anna)
23 \$5 Weekend Wind-Down (7:30 pm) (Sami)	24 Candle Lit Gentle Flow (8 pm) (Kelly)	25 Beginners Flow (5:30 pm) (Paula) Yoga Flow 2 (7 pm) (Paula)	26 Beginners Flow (9am) (Kelly) Beginner Warrior Yoga (6pm) (Paula)	27 Yoga Flow 1 (6:45 pm) (Sami) Yin Yoga (8pm) (Kelly)	28 Yoga Flow 1 (5:30 am) (Sami) *No YogaBarre This Day*	29 Wonder Woman Retreat (8:30 a.m. - 5 pm) (Spirit)

Book Classes online or using the MindBody App! Please note the app will have the most up-to-date schedule, this is subject to change.

Class Descriptions:

Beginners Flow (Low Heat) - New to yoga? Come to our beginner's classes until you feel comfortable and confident in the yoga studio environment! This class will focus on key postures, proper alignment & Sanskrit terms, while taking things at a slower pace.

Yoga Flow 1 (Heated) - A solid foundation is key to a strong yoga practice! Start building yours in this all-levels vinyasa based class. Students move through poses that incorporate both power, balance and flexibility through the connection of yogi breath & postures.

Yoga Flow 2 (Heated) - Ready for more? With a quicker pace, and fresh poses, you will strengthen and tone your body in this power vinyasa flow. This class takes your practice to the next level, connecting movements to the breath. Anyone and everyone is welcome! Both advanced & modified variations are cued during the class. Come ready to sweat & move!

Yin Yoga (Low Heat) - A quiet, meditative practice with an emphasis on stretch & restoring in poses. Most poses are done while seated or lying down & are held for longer periods of time. This allows yogis the opportunity to bring awareness to their breath and sensations in the body. This practice will leave you feeling refreshed, renewed & restored. It is a wonderful practice to compliment those who run, cycle or have other more active pursuits.

Yoga Sculpt (Heated) - When your mat and muscles meet, what do you get? Yoga Tone! This class incorporates tabata style cardio, body weight and free weights to intensify yoga poses while mixing strength training moves. Anyone and every BODY can do this if you show up to your mat with the right intention. Expect to leave feeling stronger mentally and physically!

Candle-Lit & Weekend Wind Down Flows (Low Heat) - It's lights out during these gentle flow classes! Practicing just by candle-light this class is great for beginners and advanced yogis looking for a slower paced flow.

YogaBarre (Low Heat) - Are you ready to raise your barre & get a full body buzz? & This class incorporates yoga, body and free weights with barre exercises that work on core stability and whole body alignment. Muscles are worked to the point of fatigue and then released through stretching movements to create long, lean muscles. Our version of happy hour shows how small movements result in big changes!

Beginner Warrior Yoga (No Heat) -The BUDOKON® YOGA style or WARRIOR YOGA is best described as a transition based hatha Yoga flow with continuous circular rotation. This Yoga style honors its traditional roots of Hatha (posture based) Yoga while bringing a completely unique Martial Arts circular influence. This class will be taught at a beginner level to encourage participants to explore mobility and increase their body awareness

Salty Intro to Spring Forest Qigong Meditation (No Heat) - Participants will be introduced to Qigong, one of the four pillars of Traditional Chinese Medicine. This is an introduction to a form called Spring Forest Qigong. Spring Forest Qigong is a simple, effective system of movements and meditations. It helps to improve physical, mental, and spiritual health and wellness. Participants will be introduced to meditation, a movement and a active exercises.

Community Classes - You will see these pop up on the schedule from time to time & might wonder what they are? In our community classes we get to spend time with people who may not have crossed our paths or even tried yoga otherwise. Join fellow yogis & newcomers for just \$5 in these classes. Encourage someone to try yoga for the first time or just spend some time with friends! See you in Savasana!

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