

Inspire Health & Wellness Spa November - December Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
4 \$5 Weekend Wind-Down (7:30 pm) (w/ Sami)	5 Candle Lit All Levels Flow (8 pm) (w/ Kelly)	6 Candle-Lit Vin Yin (7pm w/ Anna)	7 Yoga Flow 1 - All Levels Vinyasa (6:10 am *45 Min Flow w/ Sami) Beginner Warrior Yoga (6 pm w/ Paula)	8 Yin Yoga (8pm) (w/ Kelly)	9 FREE Force Game for clients (7:05 p.m.)	10 Vin Yin (10:45 am w/ Sami)
11 \$5 Yoga Flow 1 All Levels Vinyasa (6 pm w/ Sami) \$5 Weekend Wind-Down (7:30 pm) (w/ Sami)	12 Candle Lit All Levels Flow (8 pm) (w/ Kelly)	13 Candle-Lit Vin Yin (7pm w/ Anna)	14 Yoga Flow 1 - All Levels Vinyasa (6:10 am *45 Min Flow w/ Sami) Beginner Warrior Yoga (6 pm w/ Paula)	15 Yin Yoga (8pm) (w/ Kelly)	16 YogaBarre (5:30pm *45 Min Flow w/ Sami)	17 Vin Yin (10:45 am w/ Sami)
18 \$5 Yoga Flow 1 All Levels Vinyasa (6 pm w/ Sami) \$5 Weekend Wind-Down (7:30 pm) (w/ Sami)	19 Candle Lit All Levels Flow (8 pm) (w/ Kelly)	20 Candle-Lit Vin Yin (7pm w/Sami)	21 Beginner Warrior Yoga (6 pm w/ Paula)	22 THANKSGIVING (SPA CLOSED)	23 YogaBarre (5:30pm *45 Min Flow w/ Sami)	24 \$5 Post-Turkey Hot Detox (10:45 am w/ Anna)
25 \$5 Weekend Wind-Down (7:30 pm) (w/ Sami)	26 Candle Lit All Levels Flow (8 pm) (w/ Kelly)	27 Candle-Lit Vin Yin (7pm w/ Anna)	28 Yoga Flow 1 - All Levels Vinyasa (6:10 am *45 Min Flow w/ Sami) Beginner Warrior Yoga (6 pm w/ Paula)	29 Yin Yoga (8pm) (w/ Kelly)	30 YogaBarre (5:30pm *45 Min Flow w/ Sami)	<u>DECEMBER 1</u> Vin Yin (10:45 am w/ Sami)

Studio doors will open 10 minutes prior to classes.

Please use the MindBody App/ the online MindBody booking system to reserve classes.

Clients are always welcome to message us on Facebook to sign up!

Classes subject to change.

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2 \$\$ Weekend Wind-Down (7:30 pm) (w/ Sami)	3 Candle Lit All Levels Flow (8 pm) (w/ Kelly)	4 Candle-Lit Vin Yin (7pm w/ Anna)	5 Yoga Flow 1 - All Levels Vinyasa (6:10 am *45 Min Flow w/ Sami) Beginner Warrior Yoga (6 pm w/ Paula)	6 Yin Yoga (8pm) (w/ Kelly)	7 YogaBarre (5:30pm *45 Min Flow w/ Sami)	8 Vin Yin (10:45 am w/ Sami)
9 \$\$ Weekend Wind-Down (7:30 pm) (w/Anna)	10 Candle Lit All Levels Flow (8 pm) (w/ Kelly)	11 Candle-Lit Vin Yin (7pm w/ Anna)	12 Yoga Flow 1 - All Levels Vinyasa (6:10 am *45 Min Flow w/ Sami) Beginner Warrior Yoga (6 pm w/ Paula)	13 Yin Yoga (8pm) (w/ Kelly)	14 YogaBarre (5:30pm *45 Min Flow w/ Sami)	15 Vin Yin (9:15 am w/ Sami) <i>*note time change after this date*</i>
16 \$\$ Weekend Wind-Down (7:30 pm) (w/ Sami)	17 Candle Lit All Levels Flow (8 pm) (w/ Kelly)	18 Candle-Lit Vin Yin (7pm w/ Anna)	19 Yoga Flow 1 - All Levels Vinyasa (6:10 am *45 Min Flow w/ Sami) Beginner Warrior Yoga (6 pm w/ Paula)	20 Yin Yoga (8pm) (w/ Kelly)	21 YogaBarre (5:30pm *45 Min Flow w/ Sami)	22 Vin Yin (9:15 am w/ Sami)

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23 \$5 Weekend Wind-Down (7:30 pm) (w/ Sami)	24 CHRISTMAS EVE NO CLASSES	25 CHRISTMAS DAY NO CLASSES	26 Beginner Warrior Yoga (6 pm w/ Paula)	27 Yin Yoga (8pm) (w/ Kelly)	28 YogaBarre (5:30pm *45 Min Flow w/ Anna)	29 Vin Yin (9:15 am w/ Anna)
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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.

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.

Candle Lit All Levels Flow (Low Heat) - It's lights out during these classes! Practicing just by candle-light you will be able to drop inward; holding poses longer and deeper. This class is great for beginners and advanced yogis.

Vin-Yin (Heated) - A combination of your favorites! Vinyasa during the first half of the sequence and Yin Yoga as the second half. The Vinyasa portion warms the body up and then relax and lengthen during the Yin Yoga portion. Leave feeling calm and energized!

Yoga Flow 1 All Levels Vinyasa (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 Power Vinyasa (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! (Studio is typically heated to 90-95 degrees).

YogaBarre (Heated) - Join us for our version of a Friday night happy hour & 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. Your workout is done on the mat, no barre needed!

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 Yoga (No Heat) - The Salt Cave is a wonderful place to practice yoga, as deep breathing can help to maximize the benefits of salt therapy! This 45-minute yoga class includes opening postures for the lungs and ends with an extended savasana. Since Himalayan salt has as wonderful crystal structure and holds a very nice energy, it really supports the spiritual practice of Yoga.

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