

Inspire Health & Wellness Spa February Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
3 YogaBarre (4 pm w/ Sami) \$5 Weekend Wind-Down (7:30 pm) (w/ Sami)	4 Candlelight Vinyasa (7 pm) (w/ Kelly)	5 All Levels Vinyasa (6 pm w/ Andrea)	6	7 Yin Yoga (8pm) (w/ Kelly)	8	9 Vin Yin (10:30 am w/ Sami) Prenatal Yoga (Noon w/ Kelly)
10 YogaBarre (4 pm w/ Sami) \$5 Weekend Wind-Down (7:30 pm) (w/ Sami)	11 Candlelight Vinyasa (7 pm) (w/ Kelly)	12 All Levels Vinyasa (6 pm w/ Paula)	13 Fluid Motion (7:15 pm w/ Jason)	14 Couples Valentines Day Yoga (8pm) (w/ Kelly & Jason)	15	16 Vin Yin (10:30 am w/ Sami) Prenatal Yoga (Noon w/ Kelly)
17 YogaBarre (4 pm w/ Sami) \$5 Weekend Wind-Down (7:30 pm) (w/ Sami)	18 Candlelight Vinyasa (7 pm) (w/ Kelly)	19 All Levels Vinyasa (6 pm w/ Karla)	20 Fluid Motion (7:15 pm w/ Jason)	21 Yin Yoga (8pm) (w/ Kelly)	22	23 Vin Yin (10:30 am w/ Kelly) Prenatal Yoga (Noon w/ Kelly)
24 All Levels Vinyasa (4 pm w/ Kelly) \$5 Weekend Wind-Down (7:30 pm) (w/ Kelly)	25 Candlelight Vinyasa (7 pm) (w/ Kelly)	26 Chakra Reiki & Restorative Yoga (6 pm w/ Karla)	27 Fluid Motion (7:15 pm w/ Jason)	28 Yin Yoga (8pm) (w/ Kelly)	1	2 Vin Yin (10:30 am w/ Kelly) Prenatal Yoga (Noon w/ Kelly)

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. Please check the MindBody App for most up-to-date schedule.

Inspire Health & Wellness Spa March Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
3 All Levels Vinyasa (4 pm w/ Kelly) \$5 Weekend Wind-Down (6:15 pm) (w/ Kelly)	4 Candlelight Vinyasa (7 pm) (w/ Kelly)	5 All Levels Vinyasa (6 pm w/ SUB)	6 Fluid Motion (7:15 pm w/ Jason)	7 Yin Yoga (8pm) (w/ Kelly)	8	9 Vin Yin (10:30 am w/ Kelly) Prenatal Yoga (Noon w/ Kelly)
10 All Levels Vinyasa (4 pm w/ Kelly) \$5 Weekend Wind-Down (6:15 pm) (w/ Kelly)	11 Candlelight Vinyasa (7 pm) (w/ Kelly)	12 All Levels Vinyasa (6 pm w/ SUB)	13 Fluid Motion (7:15 pm w/ Jason)	14 Yin Yoga (8pm) (w/ Kelly)	15	16 Vin Yin (10:30 am w/ Sami) Prenatal Yoga (Noon w/ Kelly)
17 YogaBarre (4 pm w/ Sami) \$5 Weekend Wind-Down (6:15 pm) (w/ Sami)	18 Candlelight Vinyasa (7 pm) (w/ Kelly)	19 All Levels Vinyasa (6 pm w/ Karla)	20 Fluid Motion (7:15 pm w/ Jason)	21 Yin Yoga (8pm) (w/ Kelly)	22	23 Vin Yin (10:30 am w/ Sami) Prenatal Yoga (Noon w/ Kelly)
24 YogaBarre (4 pm w/ Sami) \$5 Weekend Wind-Down (6:15 pm) (w/ Sami)	25 Candlelight Vinyasa (7 pm) (w/ Kelly)	26 Chakra Reiki & Restorative Yoga (6 pm w/ Karla)	27 Fluid Motion (7:15 pm w/ Jason)	28 Yin Yoga (8pm) (w/ Kelly)	29	30 Vin Yin (10:30 am w/ Kelly) Prenatal Yoga (Noon w/ Kelly)

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Class Descriptions:

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.

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. This class is great for beginners & advanced yogis. All are welcome!

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

YogaBarre (Low Heat) - Join us for our version of a 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. Barre movements are a great compliment to yoga to create long lean muscles to advance your practice. Your workout is done on the mat, no barre needed! This class is great for beginners & advanced yogis! All are welcome!

Prenatal Yoga (No Heat) - If you're pregnant and looking for ways to relax or stay fit, you might be considering prenatal yoga. But did you know that prenatal yoga might also help you prepare for labor and promote your baby's health? A typical class will focus on breath, gentle stretching and healthy movements. Not pregnant? No worries! You can still attend class!

Chakra Reiki & Restorative Yoga (No heat) - Join Karla in setting up in restorative poses using props and receiving reiki to your seven main chakras or energy wheels, all while listening to meditative chakra chanting corresponding to the chakra you are receiving reiki to. This is an inward, subtle energy flow class that will restore your body, mind & spirit.

Fluid Motion - Focusing on building strength through mental focus and body awareness. The perfect flow to train your body to move optimally through athletic activities and everyday life. This flow will make you move smarter!

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