

## Inspire Health & Wellness Spa May Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
28 <b>\$5 Weekend Wind-Down</b> (6:15 pm) (w/ Andrea) <b>POUND Class</b> (7:45 pm)	29 <b>Candlelight Vinyasa</b> (7:30 pm) (w/ Kelly)	30 <b>Chakra Reiki &amp; Restorative Yoga</b> (7 pm w/ Karla)	1 <b>\$5 Fluid Motion</b> (7:15 pm w/ Jason)	2 <b>Yin Yoga</b> (8pm) (w/ Kelly)	3 <b>Basic Stretch</b> (Noon w/ Krista)	4 <b>Vin Yin</b> (9:15 am w/ Kelly)
5 <b>\$5 Weekend Wind-Down</b> (6:15 pm) (w/ Kelly) <b>POUND Class</b> (7:45 pm)	6 <b>Candlelight Vinyasa</b> (7:30 pm) (w/ Kelly)	7 <b>All Levels Vinyasa</b> (7 pm w/ Andrea)	8 <b>\$5 Fluid Motion</b> (7:15 pm w/ Jason)	9 <b>Yin Yoga</b> (8pm) (w/ Kelly)	10 <b>Basic Stretch</b> (Noon w/ Krista)	11 <b>Vin Yin</b> (9:15 am w/ Kelly)
12 <b>\$5 Weekend Wind-Down</b> (6:15 pm) (w/ Sami) <b>POUND Class</b> (7:45 pm)	13 <b>Candlelight Vinyasa</b> (7:30 pm) (w/ Kelly)	14 <b>All Levels Vinyasa</b> (7 pm w/ Andrea)	15 <b>\$5 Fluid Motion</b> (7:15 pm w/ Jason)	16 <b>Yin Yoga</b> (8pm) (w/ Kelly)	17 <b>Basic Stretch</b> (Noon w/ Krista)	18 <b>Vin Yin</b> (9:15 am w/ Kelly)
19 <b>\$5 Weekend Wind-Down</b> (6:15 pm) (w/ Kelly) <b>POUND Class</b> (7:45 pm)	20 <b>Candlelight Vinyasa</b> (7 pm) (w/ Karla)	21 <b>Chakra Reiki &amp; Restorative Yoga</b> (7 pm w/ Karla)	22 <b>\$5 Fluid Motion</b> (7:15 pm w/ Jason)	23 <b>Yin Yoga</b> (8pm) (w/ Jason)	24 <b>Basic Stretch</b> (Noon w/ Krista)	25 <b>CLOSED MEMORIAL WEEKEND</b>
26 <b>CLOSED MEMORIAL WEEKEND</b>	27 <b>CLOSED MEMORIAL WEEKEND</b>	28 <b>All Levels Vinyasa</b> (7 pm w/ Karla)	29 <b>\$5 Fluid Motion</b> (7:15 pm w/ Jason)	30 <b>Yin Yoga</b> (8pm) (w/ Jason)	31 <b>Basic Stretch</b> (Noon w/ Krista)	1

## Inspire Health & Wellness Spa June Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
2 <b>POUND Class</b> (7:45 pm)	3 <b>Candlelight Yin Yoga</b> (7pm w/ Karla)	4 <b>All Levels Vinyasa</b> (7 pm w/ Karla)	5 <b>\$5 Fluid Motion</b> (7:15 pm w/ Jason)	6 <b>Yin Yoga</b> (8pm) (w/ Jason)	7 <b>Basic Stretch</b> (Noon w/ Krista)	8
9 <b>POUND Class</b> (7:45 pm)	10 <b>Candlelight Vinyasa</b> (7 pm) (w/ Anna)	11 <b>Chakra Reiki &amp; Restorative Yoga</b> (7 pm w/ Karla)	12 <b>\$5 Fluid Motion</b> (7:15 pm w/ Jason)	13 <b>Yin Yoga</b> (8pm) (w/ Jason)	14 <b>Basic Stretch</b> (Noon w/ Krista)	15
16 <b>POUND Class</b> (7:45 pm)	17 <b>Candlelight Yin Yoga</b> (7pm w/ Jason)	18 <b>All Levels Vinyasa</b> (7 pm w/ Andrea)	19 <b>\$5 Fluid Motion</b> (7:15 pm w/ Jason)	20 <b>Yin Yoga</b> (8pm) (w/ Jason)	21 <b>Basic Stretch</b> (Noon w/ Krista)	22
23 <b>\$5 Weekend Wind-Down</b> (6:15 pm) (w/ Andrea) <b>POUND Class</b> (7:45 pm)	24 <b>Candlelight Vinyasa</b> (7 pm) (w/Anna)	25 <b>Chakra Reiki &amp; Restorative Yoga</b> (7 pm w/ Karla)	26 <b>\$5 Fluid Motion</b> (7:15 pm w/ Jason)	27 <b>Yin Yoga</b> (8pm) (w/ Jason)	28 <b>Basic Stretch</b> (Noon w/ Krista)	29
30 <b>POUND Class</b> (7:45 pm)	1 <b>Candlelight Yin Yoga</b> (7pm w/ Jason)	2 <b>All Levels Vinyasa</b> (7 pm w/ Karla)	3 <b>\$5 Fluid Motion</b> (7:15 pm w/ Jason)	4 <b>CLOSED FOURTH OF JULY WEEKEND</b>	5 <b>CLOSED FOURTH OF JULY WEEKEND</b>	6 <b>CLOSED FOURTH OF JULY WEEKEND</b>

### 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!

**POUND (No Heat)** - Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks

engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

**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 (No Heat)**- 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!