



# CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:15 AM POWER HOUSE FLOW(H)	5:15 - 6:15 AM POWER HOUSE FLOW(H)	5:15 - 6:15 AM POWER HOUSE FLOW(H)	5:15 - 6:15 AM POWER HOUSE FLOW(H)	5:15 - 6:15 AM POWER HOUSE FLOW(H)		
6:30 - 7:15 AM POWER HOUSE XPRESS(H)		6:30 - 7:15 AM POWER HOUSE XPRESS(H)			7:30 - 8:30 AM POWER HOUSE FLOW(H)	
9 - 10 AM POWER HOUSE FLOW(H)  9 - 10 AM GENTLE YOGA	9 - 10 AM POWER HOUSE FLOW(H)  9 - 10 AM GENTLE YOGA	9 - 10 AM POWER HOUSE FLOW(H)  9 - 10 AM GENTLE YOGA	9 - 10 AM POWER HOUSE FLOW(H)  9 - 10 AM GENTLE YOGA	9 - 10 AM POWER HOUSE FLOW(H)  9 - 10 AM GENTLE YOGA	9 - 10 AM POWER HOUSE FLOW(H)	9 - 10:15 AM POWER HOUSE FLOW(H)
	10:30 - 11:30 AM YOGA SCULPT	10:30 - 11:30 AM FOUNDATION TRAINING	10:30 - 11:45 AM ALIGN & FLOW		10:30 - 11:30 AM GENTLE YOGA	9:45 - 10:45 AM GENTLE YOGA
12 - 1 PM POWER UP/POWER DOWN	12 - 1 PM POWER UP/POWER DOWN	12 - 1 PM POWER UP/POWER DOWN	12 - 1 PM POWER UP/POWER DOWN	12 - 1 PM FOUNDATION TRAINING	3:30 - 4:30 PM POWER HOUSE FLOW(H)	3:30 - 4:30 PM POWER HOUSE FLOW(H)
5:30 - 6:30 PM POWER HOUSE FLOW(H)	5 - 6 PM POWER HOUSE FLOW(H)	5:30 - 6:30 PM POWER HOUSE FLOW(H)	5 - 6 PM POWER HOUSE FLOW(H)	5:30 - 6:30 PM POWER HOUSE FLOW(H)		
5:30 - 6:30 PM GENTLE YOGA	5:30 - 6:30 PM MINDFUL MOVEMENT	5:30 - 6:30 PM GENTLE YOGA	5:30 - 6:30 PM MINDFUL MOVEMENT			

# CLASS DESCRIPTIONS

## POWER HOUSE FLOW (H)

HEATED TO 85-90, HIGH INTENSITY POWER VINYASA CLASS WITH EMPHASIS ON BREATH LINKING TO MOVEMENT. SEQUENCES ARE GEARED TOWARDS HELPING STUDENTS BUILD STRENGTH, ENDURANCE, STABILITY AND FLEXIBILITY - WHILE HAVING FUN! PROPS PROVIDED FOR MODIFICATIONS.

POWER HOUSE XPRESS IS A 45 MINUTE CLASS.

## POWER UP/POWER DOWN

THE BEST OF BOTH WORLDS!! 30 MINUTES OF POWER VINYASA FLOW TO POWER UP THE BODY. FOLLOWED BY 30 MINUTES OF GROUNDING, RESTORATIVE POSES TO HELP SOOTHE THE CENTRAL NERVOUS SYSTEM.

NON-HEATED CLASS. ROOM IS SET TO 78 DEGREES. ALL LEVELS WELCOME AND ENCOURAGED!

## GENTLE YOGA

GENTLE YOGA IS APPROPRIATE FOR STUDENTS WHO ENJOY AND DESIRE AN ENGAGING SLOWER PACED YOGA PRACTICE. GENTLE CLASSES ALLOW THE STUDENT TO FLOW THROUGH FOUNDATIONAL POSES AND STRETCHES DESIGNED TO INCREASE FLEXIBILITY, IMPROVE JOINT FUNCTION, PREVENT INJURY, AND ENHANCE BALANCE.

## ALIGN & FLOW

A 75 MINUTE ALIGNMENT-BASED PRACTICE TO ACTIVATE THE BODY, MIND, AND SPIRIT.

WE START WITH SLOW OPENING STRETCHES, AWAKEN THE JOINTS, AND ENGAGE IN GOOD POSTURE.

WE ACTIVELY HOLD POSES TO RECREATE MUSCLE MEMORY IN PROPER FORM BEFORE GENTLY FLOWING THROUGH A SEQUENCE WITH THE BREATH. THIS IS A NON-HEATED CLASS.

## MINDFUL MOVEMENT

THIS CLASS WILL ENHANCE YOUR STRENGTH, MOBILITY, AND FUNCTIONALITY IN EVERYDAY LIFE.

MINDFUL MOVEMENT INCORPORATES YOGA AND OTHER EXERCISE MODALITIES, LIKE QIGONG, ROLLING AND MOVEMENT PATTERNS. YOU'LL USE PROPS SUCH AS BLOCKS, TENNIS BALLS, AND RESISTANCE BANDS PROVIDED BY THE STUDIO. MINDFUL MOVEMENT IS A NON-HEATED CLASS.

## FOUNDATION TRAINING

FOUNDATION TRAINING IS A SIMPLE YET CHALLENGING SOLUTION TO CHRONIC PAIN, IMBALANCES DUE TO POOR MOVEMENT PATTERNS AND GIVES YOU THE MEANS TO CHANGE THE WAY YOU MOVE. THIS TRAINING

ENCOURAGES THE BODY'S ABILITY TO HEAL ITSELF AND HELPS TO CORRECT THE POSTURAL IMBALANCES CAUSED BY OUR MODERN-DAY LIFESTYLE AT THE SAME TIME EASES PAIN AND DISCOMFORT. NO MATTER YOUR AGE OR YOUR FITNESS LEVEL, FOUNDATION TRAINING PUTS YOU ON THE PATH FROM PAIN TO PERFORMANCE.

## YOGA SCULPT

HEATED YOGA SCULPT IS COMPOSED OF VINYASA YOGA, TRADITIONAL STRENGTH AND CARDIO TRAINING. THE SEQUENCE OF MOVES, COMBINED WITH A HEATED ROOM, WILL HELP STRETCH THE MUSCLES WHILE

STRENGTHENING THEM THROUGH A LIGHT WEIGHT WORKOUT. ALTHOUGH LIGHT WEIGHTS ARE USED IN THIS WORKOUT THEY ARE NOT NECESSARY. THIS IS A FULL-BODY WORKOUT.

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# PRICING

**\$25 DROP IN RATE | INCLUDES MAT & TOWEL**

**\$79 NEW STUDENT SPECIAL | 30 DAYS UNLIMITED YOGA**

**\$125 MONTHLY AUTO-PAY (9 MONTHS MINIMUM)**

**\$145 MONTHLY AUTO-PAY (6 MONTHS MINIMUM)**

**\$175 FOR ONE MONTH UNLIMITED NO RESTRICTIONS**

# CLASS PACKAGES

**\$110 | 5 CLASS PASS | \$22 PER CLASS\***

**\$190 | 10 CLASS PASS | \$19 PER CLASS\***

**\*PACKAGES ARE SHAREABLE**

**239.598.1938**

**WWW.YOGAHOUSENAPLES.COM**

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