

YOGA



with Linda

TUESDAY: 5:30-6:15 PM SLOW FLOW YOGA
6:30-7:30 PM VINYASA YOGA
THURSDAY: 5:30-6:30 PM MULTI LEVEL YOGA
SATURDAY: 10:00 AM-11:00 AM MULTI LEVEL YOGA

There is a 2 person minimum required for each class to proceed

\$8 DROP IN

5 VISIT PUNCH CARD-\$35

10 VISIT PUNCH CARD-\$60

30 DAY UNLIMITED SPIN & YOGA-\$75

SLOW FLOW

Slow Flow (Basic Yoga) A slower Vinyasa class for all levels. This session involves stretching, balance, and breathing, while learning basic yoga elements. Enjoy a non-competitive environment.

VINYASA

Vinyasa yoga is an energetic style of yoga that flows with breath and movement to build heat from within. A mix of yoga elements, which will encourage strength, stamina in both body and mind. Posture instructions given in modified and advanced levels.

MULTI-LEVEL

Yoga for all levels. We incorporate optional weights & resistance every other week. Focusing on strength, flexibility, balance and movement

sportsplex