

# 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  
beginning on  
11/09/2019

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**