

**SPORTSPLEX**

# YOGA

**NEW!!**  
**MORNING & EVENING**  
**CLASSES ARE**  
**NOW AVAILABLE**

## 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

## SLOWFLOW

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.

**TUESDAY:** 5:30PM - 6:15 PM SLOW FLOW YOGA *w/Linda*  
6:30PM - 7:30 PM VINYASA YOGA *w/Linda*

**THURSDAY:** 5:30PM - 6:30 PM MULTI LEVEL YOGA *w/Linda*

**SATURDAY:** 10:00 AM - 11:00 AM MULTI LEVEL YOGA *w/Linda*

## PRICING

- \$8 DROP IN
- 5 VISIT PUNCH CARD - \$35
- 10 VISIT PUNCH CARD - \$60
- 30 DAY UNLIMITED SPIN & YOGA - \$75

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