

SPORTSPLEX YOGA

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

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*

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.

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