



## **NEW YOGA CLASSES!**

### **Starting August 17**

# **HATHA YOGA**

This class begins with breath work, a slow warm up and build-up to the center of class which includes a strengthening standing series, balance series, continuous breath work, a quicker flowing Vinyasa, and a closing transition to the floor for flexibility, and relaxation.

Monday & Friday                      5:30 - 6:30 am  
Saturday                                      7:15 - 8:15 am

# **VINYASA YOGA**

This class is geared towards everyone physically open to a mix of standing movement and on the floor. This class has a faster warm up to the center and more of a focus on quick synchronized breath with movement through the practice. This class allows for participants to try something new and attempt some more challenging poses.

Tuesday & Thursday                      6:00 - 7:00 pm