



Class Schedule

yes power yoga

● Monday ●

8:30-9:30 am Power Hour
6:30-7:30 pm Power Hour

● Tuesday ●

8:30-9:15 am Aerial Yoga
12:00-12:45 pm Power Express
5:30-6:15 pm Barre
6:30-7:30 pm Destress & Rest

● Wednesday ●

8:30-9:30am Power Hour
5:30-6:15 pm Power Express
6:30-7:30 pm Foundational Yoga

● Thursday ●

8:30-9:30 am Gentle Yoga
5:15-6:15 pm SOULfusion
6:30-7:30 pm Yin

● Friday ●

8:30-9:30 am Power Hour
9:45-10:30 am Yin

● Saturday ●

9:00-10:00 am Power Hour
10:15-11:00 am Rotational class
11:15-12:00 pm Barre

July 9: Market Street Yoga

July 16: Family Yoga

July 23: Exploratory Yoga

July 30: Kids Aerial

..... Class Descriptions

Power Hour - an hour of energizing, fast-paced vinyasa yoga flow. Great for all skill levels.

Gentle Yoga - an hour of relaxing, slow-paced vinyasa yoga flow.

Aerial Yoga - feel weightless as you explore the possibilities of aerial yoga. This is yoga with a whole new perspective.

Yin - your stop for deep relaxation & even deeper stretching

SOULfusion - the perfect blend of pilates and yoga, you'll leave sweaty but empowered

Power Express - another chance for a vinyasa flow during your lunch break

Barre - a blend of ballet, yoga & pilates. You'll love this low-impact, high-intensity class

Destress & Rest - slow down and enjoy a relaxing class as you let go of the stress of the day

Foundational Yoga - explore the roots of vinyasa yoga with a supported flow, followed by a guided meditation and breath exercise

Private Aerial - a fun private aerial experience for up to 11 people