



# URBAN BODY YOGA

## March 2018

### MONDAY

8:15 AM	Urban Barre	Jamey	Urban Room	1 hour
9:30 AM	Child Watch (Infant-5yrs)	Hannah	Kids' Connection	1 hour
9:30 AM	Flow Yoga (Non-Heated)	Katie	Urban Room	1 hour
9:30 AM	Music Power Yoga	Meg	Sanctuary	1 hour
6:00 PM	Flow Yoga (Non-heated)	Carrie	Urban Room	1 hour
6:00 PM	Music Power Yoga	Meg	Sanctuary	1 hour
6:00 PM	Kids' Yoga (ages 4-10)	Beth	Kids' Connection	1 hour
7:15 PM	Deep Flow Yoga	Sarah	Sanctuary	1 hour
7:15 PM	Kids' Yoga (ages 4-10)	Beth	Kids' Connection	1 hour

### TUESDAY

8:15 AM	Power Yin & Yin	Sarah	Sanctuary	1 hour 15min
9:45 AM	Yoga Sculpt	Jamey	Sanctuary	45 min
12:00 PM	Flow Yoga	Emily	Sanctuary	45 min
5:30 PM	Urban Barre	Destiny	Urban Room	45 min
6:30 PM	Flow Yoga	Destiny	Sanctuary	1 hour
6:30 PM	Zumba*	Sydney	Urban Room	1 hour-\$6

### WEDNESDAY

6:00 AM	Flow Yoga	Jes/Gary	Sanctuary	45 min
9:30 AM	Child Watch (Infant-5yrs)	Hannah	Kids' Connection	1 hour
9:30 AM	Flow Yoga (Non Heated)	Katie	Urban Room	1 hour
9:30 AM	Music Power Yoga	Jamey	Sanctuary	1 hour
10:30AM	Meditation	Alicia	Sanctuary	15 min
6:00 PM	Flow Yoga (Non Heated)	Carrie	Urban Room	1 hour
6:00 PM	Music Power Yoga	Meg	Sanctuary	1 hour
6:00 PM	Kids' Yoga (ages 4-10)	Beth	Kids' Connection	1 hour
7:15 PM	Candlelight Yoga	Alicia	Sanctuary	1 hour
8:15 PM	Meditation	Alicia	Sanctuary	15 min

### THURSDAY

6:00 AM	Yoga Sculpt	Meg	Sanctuary	45 min
8:15 AM	Power Yin & Yin	Sarah	Sanctuary	1 hour 15min
12:00 PM	Flow Yoga	Emily	Sanctuary	45 min
4:30 PM	Hero's Yoga*	Jen	Sanctuary	1 hour
5:30 PM	Urban Barre	Jamey	Urban Room	45 min
6:30 PM	Community Flow Yoga*	Megan	Sanctuary	1 hour - \$6

| See Reverse Side For The Continued Schedule |

## Friday

6:00 AM	Flow Yoga	Gary/Jes	Sanctuary	1 hour
8:15 AM	Deep Flow Yoga	Jen	Sanctuary	1 hour
8:15 AM	Urban Barre	Jamey	Urban Room	1 hour
9:30 AM	Hot Power Yoga	Emily	Sanctuary	1 hour
4:00 PM	Restorative Yoga	Carrie	Sanctuary	1 hour
5:00 PM	Meditation	Carrie	Sanctuary	15 min

## SATURDAY

7:30 AM	Boot Camp (3/3/18 only)	Carla	Urban Room	45 min
8:15 AM	Flow Yoga	John	Sanctuary	1 hour
9:30 AM	Music Power Yoga	Jamey	Sanctuary	1 hour
10:45 AM	Deep Flow Yoga	Carrie	Sanctuary	1 hour
11:45 AM	Meditation	Carrie	Sanctuary	15 min

## SUNDAY

9:00 AM	Flow Yoga	Destiny/Jes	Sanctuary	1 hour
4:00 PM	Deep Flow Yoga	Megan	Sanctuary	1 hour

**Hero's Yoga\***: A complimentary All-Levels Flow Yoga class for the Heroes of our Community. This class is designed to promote physical, mental and emotional wellness for all Active Duty and Reserve Military Members, Veterans, Police Officers, and Firefighters. [ with Proper ID ]

**Community Flow Yoga\*** | *\$6 Drop-In Class, Free for Members*: An All-Levels Flow Yoga class taught by one of our recently graduated teachers. Come and be a part of our growing community. New and experienced students welcome!

**Zumba\*** | *\$6 Drop-In Class, Free for Members*: A dance-based fitness class set to Latin beats. Move your body and smile your way through this high-energy group class that melts fat, strengthens your core and improves flexibility. Appropriate for all fitness levels.

**For the safety and security of our staff and clients, exterior doors may be locked once classes commence. Please plan to arrive 5 minutes prior to posted class times.**

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