



## YOGA CLASS

Relax • Tone Muscles • Build Strength • Increase Flexibility

Join us at the Yoga Studio, located on Level 4 of the Elk Lodge.

### Monday

10:00 a.m. Power Strength Yoga  
5:30 p.m. Core Flow

### Tuesday

10:00 a.m. Gentle Yoga  
5:30 p.m. Warm Flow

### Wednesday

9:00 a.m. Hot Power Yoga  
4:30 p.m. Slow Flow

### Thursday

10:00 a.m. Vinyasa Flow  
4:30 p.m. Restorative Yoga

### Friday

8:30 a.m. Hot Power Yoga  
10:00 a.m. Strength Building Yoga  
5:00 p.m. Evening Flow

### Saturday

9:00 a.m. Hot Power Yoga  
11:00 a.m. Mindful Movement  
4:30 p.m. Yoga Flow

### Sunday

9:00 a.m. Restorative Yoga  
11:00 a.m. Heated Vinyasa I/II  
4:30 p.m. Warm Flow

**Core Flow** - This yoga workout focuses on strengthening your core for better spinal integrity and postural support.

**Evening Flow** - Complete your day with a dialed down Yoga Flow honoring individuals' energetic levels at the end of the day. This class allows you to arrive and enjoy quiet stillness, move your body, burn off excess energy and wind down to a deeper state of relaxation as you prepare for your evening.

**Gentle Yoga** - Featuring an exploration of mindfully paced movements, breathing and relaxation. These classes gently develop strength and length in the body and allow the student to connect with the breath, quiet the mind and find a deep sense of calm. Suitable for all experience levels.

**Hot Power Yoga** - Experience the flow with various core-strengthening asanas that will keep you centered. Set in our heated studio, your muscles will enjoy building upon continued agility and accelerated strength within progressive flow.

**Mindful Movement** - Drop into your most authentic self with this strengthening yoga class. Inspired by classic poses with an invigorating twist to focus on mobility and endurance. This class will also include breath work, centering and meditation. Suitable for all experience levels.

**Power Strength Yoga** - This class is a powerful, energetic form of yoga where students move fluidly from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical/mental stamina in one session.

**Restorative Yoga** - Restorative yoga is a style of yoga that encourages physical, mental and emotional relaxation. Suitable for all experience levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness and deep breathing.

**Slow Flow** - Enjoy a gentle practice with simple flowing sequences to warm up the body, followed by slower-paced movements focusing on alignment, strength, balance and flexibility. Supported insight meditation is available throughout the practice offering the opportunity to observe patterns in the physical body and mind.

**Strength Building Yoga** - This class serves as a functional strength-training, building muscle in the entire body while aligning posture.

**Vinyasa Flow** - Vinyasa Flow includes continuous breath-linked movements, with a focus on maintaining awareness. Students are challenged to build strength, flexibility and stamina in a vigorous practice and then explore relaxation in savasana.

**Warm Flow** - Experience a heated vinyasa flow class that is rejuvenating, relaxing, restorative and meditative. Temperature can be adjusted, but heat will be turned on prior to class. Suitable for all experience levels.

