

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 PM All Levels - Margaret Smith	2 8:00 AM L2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 2:30 PM Mommy & Baby - Lindsay Smith 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda	3 6:00 AM All Levels - Alex 8:00 AM L1 Vinyasa - Sandra 9:30 AM L1 Gentle - Amie 11:00 AM Chair Yoga - Amie 5:30 PM L1 Gentle/Prenatal - Carolina	4 <b>Independence Day</b> 8:00 AM L2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda 7:00 PM Yin/Restorative - Margaret Smith	5 6:00 AM L2 Vinyasa - Carolina 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Chair Yoga - Nancy 12:30 PM Yoga Nidra - Nancy 5:30 PM L1 Gentle - Margaret Smith	6 7:30 AM All Levels - Vonda 9:30 AM Yin/Restorative - Alex 5:30 PM L1 Gentle - Loretta	7 7:30 AM L2 Vinyasa - Woody 10:30 AM Community - All Levels - Loretta 12:00 PM Yoga Nidra - Nancy
8 1:00 PM All Levels - Woody	9 8:00 AM L2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 2:30 PM Mommy & Baby - Lindsay Smith 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda	10 6:00 AM All Levels - Alex 8:00 AM L1 Vinyasa - Sandra 9:30 AM L1 Gentle - Amie 11:00 AM Chair Yoga - Amie 5:30 PM L1 Gentle/Prenatal - Carolina	11 8:00 AM L2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda 7:00 PM Yin/Restorative - Margaret Smith	12 6:00 AM L2 Vinyasa - Carolina 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Chair Yoga - Nancy 12:30 PM Yoga Nidra - Nancy 5:30 PM L1 Gentle - Brie Bunn	13 7:30 AM All Levels - Vonda 9:30 AM Yin/Restorative - Alex 5:30 PM L1 Gentle - Loretta	14 7:30 AM L2 Vinyasa - Woody 10:30 AM Community - All Levels - Debra Sixta 12:00 PM Yoga Nidra - Nancy 1:30 PM Meditation Workshop - Amie
15 1:00 PM All Levels - Margaret Smith	16 8:00 AM L2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 2:30 PM Mommy & Baby - Lindsay Smith 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda	17 6:00 AM All Levels - Alex 8:00 AM L1 Vinyasa - Sandra 9:30 AM L1 Gentle - Amie 11:00 AM Chair Yoga - Amie 5:30 PM L1 Gentle/Prenatal - Carolina	18 8:00 AM L2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda 7:00 PM Yin/Restorative - Margaret Smith	19 6:00 AM L2 Vinyasa - Carolina 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Chair Yoga - Nancy 12:30 PM Yoga Nidra - Nancy 5:30 PM L1 Gentle - Brie Bunn	20 7:30 AM All Levels - Vonda 9:30 AM Yin/Restorative - Alex 5:30 PM L1 Gentle - Loretta	21 7:30 AM L2 Vinyasa - Loretta 10:30 AM Community - All Levels - Brie Bunn 12:00 PM Yoga Nidra - Nancy
22 1:00 PM All Levels - Margaret Smith 5:30 PM Bend & Brews - Brie	23 8:00 AM L2 Vinyasa - Carolina 9:30 AM L1 Gentle - Carolina 2:30 PM Mommy & Baby - Lindsay Smith 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda	24 6:00 AM All Levels - Alex 8:00 AM L1 Vinyasa - Sandra 9:30 AM L1 Gentle - Amie 11:00 AM Chair Yoga - Amie 5:30 PM L1 Gentle/Prenatal - Carolina	25 8:00 AM L2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda 7:00 PM Yin/Restorative - Margaret Smith	26 6:00 AM L2 Vinyasa - Carolina 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Chair Yoga - Nancy 12:30 PM Yoga Nidra - Nancy 5:30 PM L1 Gentle - Brie Bunn	27 7:30 AM All Levels - Vonda 9:30 AM Yin/Restorative - Alex 5:30 PM L1 Gentle - Loretta	28 7:30 AM L2 Vinyasa - Woody 10:30 AM Community - All Levels - Alex 12:00 PM Yoga Nidra - Nancy
29 1:00 PM All Levels - Margaret Smith	30 8:00 AM L 1/2 Vinyasa - Woody 9:30 AM L 1 Gentle - Woody 4:00 PM L 1 Vinyasa - Sandra 5:30 PM L 1 Gentle - Linda	31 6:00 AM All Levels - Alex 8:00 AM L1 Vinyasa - Sandra 9:30 AM L1 Gentle - Amie 11:00 AM Chair Yoga - Amie 5:30 PM L1 Gentle/Prenatal - Carolina	1 1:00 PM All Levels - Margaret Smith	2 1:00 PM All Levels - Margaret Smith	3 1:00 PM All Levels - Margaret Smith	4 1:00 PM All Levels - Margaret Smith

Contact Us @ [truenorthyoga1@gmail.com](mailto:truenorthyoga1@gmail.com)  
928-530-0425 or 928-715-0847



**New to our studio?**  
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- ▶ CHAIR YOGA ~ 50 to 60 minute classes - a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.
- ▶ YIN/RESTORATIVE ~ 60 minute class is open to all levels - all poses are on the floor. Yin yoga poses are held for longer periods of time allowing access to the connective tissues of the hips, pelvis, and lower spine.
- ▶ LEVEL 1 GENTLE ~ 60 or 70 minute class focuses on flexibility, stress relief and relaxation. Perfect for those who prefer a more restorative and relaxing class. Suited for all levels; sequence does not necessarily flow from pose to pose.
- ▶ LEVEL 1 VINYASA ~ This 60 or 75 minute flowing class works at a moderate pace. Great way to dissolve tension. Open to all levels of practitioners with a focus on beginner cues and instruction.
- ▶ LEVEL 2 VINYASA ~ 60 minute class is an energetic practice that strengthens and tones the entire body. Slightly less instruction for those with at a basic understanding of yoga poses and flows; moderately heated. Some inversions may be included.
- ▶ ALL LEVELS VINYASA ~ 60, 75 & 90 minute classes may be heated to 90+, encompasses all levels of practitioners who have some basic knowledge of asana poses.
- ▶ AB 30 ~ Targeted to strengthen your core, come and join in on 30 minutes of abdominal work.
- ▶ MEDITATION/YOGA NIDRA CLASS ~ 50 minute class focus is on breathing and meditating. (back on June schedule)
- ▶ MOMMY & BABY YOGA ~ 60 minute class, this is a fun yoga class for Mamas and their babies aged birth to 18 months. Please bring a blanket for baby to lie on.
- ▶ LEVEL 1 GENTLE/PRENATAL - 60 minute class with prenatal yoga poses and sequences which are modified to accommodate a growing belly, this class is also perfect for those who prefer a more restorative and relaxing class - suited for all levels.

**\$65 - One Month Unlimited**  
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*True North Yoga*

Contact Us @ [truenorthyoga1@gmail.com](mailto:truenorthyoga1@gmail.com)  
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