

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 1:00 PM All Levels - Margaret Smith	28 Memorial Day 8:00 AM L2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 11:00 AM Intro to Dance - Sandra 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Amie 7:00 PM FlowYin - Amie	29 8:00 AM All Levels - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Chair Yoga - Amie 5:30 PM L1 Gentle - Carolina 6:30 PM Pause 30 - Carolina 7:00 PM Yin/Restorative - Carolina	30 8:00 AM L2 Vinyasa - Woody 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Woody 7:00 PM Yin/Restorative - Woody	31 8:00 AM L1 Vinyasa - Margaret Smith 9:30 AM L1 Gentle - Nancy 11:00 AM Chair Yoga - Nancy 5:30 PM L1 Gentle - Brie Bunn 7:00 PM FlowYin - Margaret Smith	1 8:00 AM All Levels - Vonda 9:30 AM Yin/Restorative - Alex 2:30 PM Mommy & Baby - Lindsay Smith 5:30 PM L1 Gentle - Loretta	2 7:30 AM L2 Vinyasa - Woody 10:30 AM Community - All Levels - Margaret Smith
3 1:00 PM All Levels - Margaret Smith	4 8:00 AM L2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda	5 6:00 AM L1 Vinyasa - Sandra 8:00 AM All Levels - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Chair Yoga - Amie 5:30 PM L1 Gentle/Prenatel - Carolina	6 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 6:00 AM L2 Vinyasa - Carolina 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Chair Yoga - Nancy 5:30 PM L1 Gentle - Brie Bunn	8 8:00 AM All Levels - Vonda 9:30 AM Yin/Restorative - Alex 2:30 PM Mommy & Baby - Lindsay Smith 5:30 PM L1 Gentle - Loretta	9 7:30 AM L2 Vinyasa - Woody 10:30 AM Community - All Levels - Carolina
10 1:00 PM All Levels - Loretta	11 8:00 AM L2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda	12 6:00 AM L1 Vinyasa - Sandra 8:00 AM All Levels - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Chair Yoga - Amie 5:30 PM L1 Gentle/Prenatel - Carolina	13 8:00 AM L2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda	14 6:00 AM L2 Vinyasa - Carolina 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Chair Yoga - Cindy Hill 5:30 PM L1 Gentle - Brie Bunn	15 8:00 AM All Levels - Vonda 9:30 AM Yin/Restorative - Alex 2:30 PM Mommy & Baby - Lindsay Smith 5:30 PM L1 Gentle - Loretta	16 7:30 AM L2 Vinyasa - Woody 10:30 AM Community - All Levels - Debra Sixta
17 Father's Day 1:00 PM All Levels - Linda	18 8:00 AM L2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda	19 6:00 AM L1 Vinyasa - Sandra 8:00 AM All Levels - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Chair Yoga - Amie 5:30 PM L1 Gentle/Prenatel - Carolina	20 8:00 AM L2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda	21 6:00 AM L2 Vinyasa - Carolina 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Chair Yoga - Cindy Hill 5:30 PM L1 Gentle - Brie Bunn	22 8:00 AM All Levels - Vonda 9:30 AM Yin/Restorative - Alex 2:30 PM Mommy & Baby - Lindsay Smith 5:30 PM L1 Gentle - Loretta	23 7:30 AM L2 Vinyasa - Woody 10:30 AM Community - All Levels
24 1:00 PM All Levels - Brie Bunn	25 8:00 AM L2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda	26 6:00 AM L1 Vinyasa - Sandra 8:00 AM All Levels - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Chair Yoga - Amie 5:30 PM L1 Gentle/Prenatel - Carolina	27 8:00 AM L2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda	28 6:00 AM L2 Vinyasa - Carolina 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Chair Yoga - Nancy 5:30 PM L1 Gentle - Margaret Smith	29 8:00 AM All Levels - Vonda 9:30 AM Yin/Restorative - Alex 2:30 PM Mommy & Baby - Lindsay Smith 5:30 PM L1 Gentle - Loretta	30 7:30 AM L2 Vinyasa - Woody 10:30 AM Community - All Levels

New to our studio?
We offer a New Student
Special for only
\$40 for 30 Days
Unlimited Yoga!

- ▶ 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 or 75 minute class 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.
- ▶ PAUSE 30 ~ 30 minute class using meditation, breathing, and stretching techniques to bring you back in the now. Yogis and beginners alike will experience the benefits to the mind and body through this class.
- ▶ 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.
- ▶ NOTE the Pause 30 & Meditation/Yoga Nidra classes will resume in July.

\$65 - One Month Unlimited
\$55 - Autopay Monthly
Unlimited Membership
\$35 - 5 Class Pass
\$8 - Unlimited Day Pass



True North Yoga

Contact Us @ truenorthyoga1@gmail.com
928-530-0425 or 928-715-0847

SilverSneakers FLEX
classes are available
at no additional cost to
SilverSneakers
members.



FLEX
Community
Fitness Classes