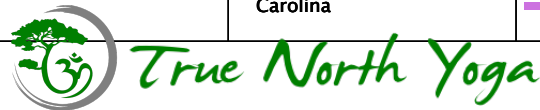


March 2018

Yoga Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 <ul style="list-style-type: none"> 1:00 PM All Levels – Vonda 2:00 PM 40 Day Program – Vonda 	26 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – 8:00 AM L1/2 Vinyasa – 9:30 AM L 1 Gentle – 9:30 AM L1 Gentle – Woody 11:00 AM Intro to Dance – 11:00 AM Intro to Dance – 4:00 PM L 1 Vinyasa – San- 4:00 PM L 1 Vinyasa – San- 5:30 PM L 1 Gentle – Linda 	27 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa – 8:00 AM All Levels – Linda 9:30 AM L1 Gentle – Amie 9:30 AM L1 Gentle – Amie 11:00 AM Chair Yoga – 11:00 AM Chair Yoga – 5:30 PM L1 Gentle – Car- 5:30 PM L1 Gentle – Car- 6:30 PM Pause 30 – Caroli- 	28 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa – 8:00 AM L1/2 Vinyasa – 9:00 AM AB 30 – Carolina 9:00 AM AB 30 – Linda 9:30 AM L1 Gentle – Car- 9:30 AM L1 Gentle – Car- 5:30 PM All Levels – Vonda 5:30 PM All Levels – Caroli- 7:00 PM Yin/Restorative – 7:00 PM Yin/Restorative – 	1 <ul style="list-style-type: none"> 8:00 AM L1 Vinyasa – Linda 9:30 AM L1 Gentle – Nancy 11:00 AM Chair Yoga – Nancy 12:00 PM Beginning Chair – Nancy 1:30 PM Meditation Class – Nancy 5:30 PM L1 Gentle – Brie 7:00 PM FlowYin – Mar- 	2 <ul style="list-style-type: none"> 8:00 AM All Levels – Mar- 9:30 AM Yin/Restorative – Sandra 12:00 PM Mommy & Baby – Lindsay Smith 5:30 PM L1 Gentle – Loretta 7:00 PM Yin/Restorative – Loretta 	3 <ul style="list-style-type: none"> 7:30 AM L1/2 Vinyasa – Carolina 10:30 AM Community – All Levels – Jamie 12:00 PM Yoga Nidra – Loretta
4 <ul style="list-style-type: none"> 1:00 PM All Levels – Alex 2:00 PM 40 Day Program – Vonda 	5 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa – Woody 9:30 AM L1 Gentle – Woody 11:00 AM Intro to Dance – Sandra 4:00 PM L 1 Vinyasa – Sandra 5:30 PM L1 Gentle – Linda 7:00 PM L1 Vinyasa – Linda 	6 <ul style="list-style-type: none"> 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 	7 <ul style="list-style-type: none"> 8:00 AM L1/2 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 – Vonda 	8 <ul style="list-style-type: none"> 8:00 AM L1 Vinyasa – Vonda 9:30 AM L1 Gentle – Nancy 11:00 AM Chair Yoga – Nancy 12:00 PM Beginning Chair – Nancy 1:30 PM Meditation Class – Nancy 5:30 PM L1 Gentle – Brie 7:00 PM FlowYin – Mar- 	9 <ul style="list-style-type: none"> 8:00 AM All Levels – Vonda 9:30 AM Yin/Restorative – Alex 12:00 PM Mommy & Baby – Lindsay Smith 5:30 PM L1 Gentle – Loretta 7:00 PM Yin/Restorative – Loretta 	10 <ul style="list-style-type: none"> 7:30 AM L1/2 Vinyasa – Woody 10:30 AM Community – All Levels – Nancy 12:00 PM Yoga Nidra – Nancy
11 <p>Daylight Saving Time starts</p> <ul style="list-style-type: none"> 1:00 PM All Levels – Vonda 2:00 PM 40 Day Program – Vonda 	12 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa – Woody 9:30 AM L1 Gentle – Woody 11:00 AM Intro to Dance – Sandra 4:00 PM L 1 Vinyasa – Sandra 5:30 PM L1 Gentle – Linda 7:00 PM L1 Vinyasa – Linda 	13 <ul style="list-style-type: none"> 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 	14 <ul style="list-style-type: none"> 8:00 AM L1/2 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 – Vonda 	15 <ul style="list-style-type: none"> 8:00 AM L1 Vinyasa – Vonda 9:30 AM L1 Gentle – Nancy 11:00 AM Chair Yoga – Nancy 12:00 PM Beginning Chair – Nancy 1:30 PM Meditation Class – Nancy 5:30 PM L1 Gentle – Brie 7:00 PM FlowYin – Mar- 	16 <ul style="list-style-type: none"> 8:00 AM All Levels – Vonda 9:30 AM Yin/Restorative – Alex 12:00 PM Mommy & Baby – Lindsay Smith 6:00 PM Sound Healing Concert 	17 <ul style="list-style-type: none"> 7:30 AM L1/2 Vinyasa – Woody 10:30 AM Community – All Levels – Debra Sixta 12:00 PM Yoga Nidra – Loretta
18 <ul style="list-style-type: none"> 1:00 PM All Levels – Alex 2:00 PM 40 Day Program – Vonda 	19 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa – Woody 9:30 AM L1 Gentle – Woody 11:00 AM Intro to Dance – Sandra 4:00 PM L 1 Vinyasa – Sandra 5:30 PM L1 Gentle – Linda 7:00 PM L1 Vinyasa – Linda 	20 <ul style="list-style-type: none"> 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 	21 <ul style="list-style-type: none"> 8:00 AM L1/2 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 – Vonda 	22 <ul style="list-style-type: none"> 8:00 AM L1 Vinyasa – Vonda 9:30 AM L1 Gentle – Nancy 11:00 AM Chair Yoga – Nancy 12:00 PM Beginning Chair – Nancy 1:30 PM Meditation Class – Nancy 5:30 PM L1 Gentle – Brie 7:00 PM FlowYin – Mar- 	23 <ul style="list-style-type: none"> 8:00 AM All Levels – Vonda 9:30 AM Yin/Restorative – Alex 12:00 PM Mommy & Baby – Lindsay Smith 5:30 PM L1 Gentle – Loretta 7:00 PM Yin/Restorative – Loretta 	24 <ul style="list-style-type: none"> 7:30 AM L1/2 Vinyasa – Woody 10:30 AM Community – All Levels – Loretta 12:00 PM Yoga Nidra – Nancy
25 <ul style="list-style-type: none"> 1:00 PM All Levels – Vonda 	26 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa – Woody 9:30 AM L1 Gentle – Woody 11:00 AM Intro to Dance – Sandra 4:00 PM L 1 Vinyasa – Sandra 5:30 PM L1 Gentle – Linda 7:00 PM L1 Vinyasa – Linda 	27 <ul style="list-style-type: none"> 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 	28 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa – 8:00 AM L1/2 Vinyasa – 9:00 AM AB 30 – Carolina 9:00 AM AB 30 – Carolina 9:30 AM L1 Gentle – Car- 9:30 AM L1 Gentle – Car- 5:30 PM All Levels – Vonda 5:30 PM All Levels – Vonda 7:00 PM Yin/Restorative – 7:00 PM Yin/Restorative – 	29 <ul style="list-style-type: none"> 8:00 AM L1 Vinyasa – Vonda 9:30 AM L1 Gentle – Nancy 11:00 AM Chair Yoga – Nancy 12:00 PM Beginning Chair – Nancy 1:30 PM Meditation Class – Nancy 5:30 PM L1 Gentle – Brie 7:00 PM FlowYin – Mar- 	30 <ul style="list-style-type: none"> 8:00 AM L1 Vinyasa – Vonda 9:30 AM Yin/Restorative – Alex 5:30 PM L1 Gentle – Loretta 7:00 PM Yin/Restorative – Loretta 	31 <ul style="list-style-type: none"> 7:30 AM L1/2 Vinyasa – Woody 10:30 AM Community Yoga 12:00 PM Yoga Nidra – Nancy



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

- ▶ BEGINNING CHAIR & 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 1/2 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.
- ▶ INTRO TO DANCE ~ 50 minute class is a beginner dance class for all ages and uses basic Jazz technique and coordination in a fun and playful way.
- ▶ MEDITATION/YOGA NIDRA CLASS ~ 50 minute class focus is on breathing and meditating.
- ▶ 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.
- ▶ FLOWYIN - 60 minute class is a combination of Vinyasa Flow & Yin

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\$55 - Autopay Monthly
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\$8 - Unlimited Day Pass



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