

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28 <ul style="list-style-type: none"> 12:30 PM Community – All Levels – Margaret Smith 	29 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa – Carolina 9:30 AM L1 Gentle – Loretta 11:00 AM Intro to Dance – Vonda 4:00 PM L1 Vinyasa – Carolina 5:30 PM L1 Gentle – Linda 7:00 PM L1 Vinyasa – Linda 	30 <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 	31 <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 	1 <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 – Mar- 7:00 PM L1 Vinyasa – Brie 	2 <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 	3 <ul style="list-style-type: none"> 7:30 AM L1/2 Vinyasa – Loretta 10:30 AM Community – All Levels – Carolina 12:00 PM Yoga Nidra – Nancy 	
4 <ul style="list-style-type: none"> 1:00 PM All Levels – Vonda 2:00 PM 40 Day Program – Vonda 	5 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa – Carolina 9:30 AM L1 Gentle – Loretta 11:00 AM Intro to Dance – Sandra 4:00 PM L1 Vinyasa – Linda 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 L1 Vinyasa – 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 – Brie Bunn 10:30 AM Community – All Levels – Debra Sixta 12:00 PM Yoga Nidra – Nancy 	
11 <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 L1 Vinyasa – Sandra 5:30 PM L1 Gentle – Carolina 7:00 PM L1 Vinyasa – Carolina 	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 <p>Valentine's Day</p> <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa – Carolina 9:00 AM AB 30 – Carolina 9:30 AM L1 Gentle 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 L1 Vinyasa – 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 5:30 PM L1 Gentle – Loretta 	17 <ul style="list-style-type: none"> 7:30 AM L1/2 Vinyasa – Woody 10:30 AM Community – All Levels – Margaret Smith 12:00 PM Yoga Nidra – Loretta 	
18 <ul style="list-style-type: none"> 1:00 PM All Levels – Vonda 2:00 PM 40 Day Program – Vonda 	19 <p>Presidents' Day</p> <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 L1 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 – Linda 9:00 AM AB 30 – Linda 9:30 AM L1 Gentle – Linda 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 L1 Vinyasa – 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 – Linda 12:00 PM Yoga Nidra – Loretta 	
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 L1/2 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 – 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 – 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 	<p>Contact Us @ truenorthyoga1@gmail.com 928-530-0425 or 928-715-0847</p> 			3

New to our studio?
We offer a New Student
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- ▶ BEGINNING CHAIR & CHAIR YOGA ~ 50 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 focusses 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 least 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 ~ Give yourself the gift of the present. Join us for 30 minutes to use 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. Don't miss out on this blissful experience.
- ▶ 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. Come and enjoy music and gentle exercises for baby, and a low-impact series of yoga-based movements for Mama! Please bring a blanket for baby to lie on.

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



True North Yoga

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