

# SPORTSPLEX YOGA

**NEW!!**  
**MORNING &  
EVENING  
CLASSES ARE  
NOW AVAILABLE**

**TUESDAY:** 5:30PM- 6:30 PM SLOW FLOW YOGA *w/Linda*  
6:30PM- 7:30 PM SLOW VINYASA YOGA *w/Linda*

**THURSDAY:** 5:45PM- 6:45 PM MULTI LEVEL YOGA *w/Linda*

**SATURDAY:** 10:00 AM-11:00 AM STRETCH YOGA *w/Linda*

*\*Space is limited. This schedule is subject to change as new guidelines roll out.*

## VINYASA

Vinyasa yoga is an energetic style of yoga that flows with breath and movement to build heat from within. A mix of yoga elements, which will encourage strength, stamina in both body and mind. Posture instructions given in modified and advanced levels.

## MULTI-LEVEL

Yoga for all levels. We incorporate optional weights & resistance every other week. Focusing on strength, flexibility, balance and movement

## SLOWFLOW

Slow Flow (Basic Yoga) A slower Vinyasa class for all levels. This session involves stretching, balance, and breathing, while learning basic yoga elements. Enjoy a non-competitive environment.

## PRICING

\$8 DROP IN

5 VISIT PUNCH CARD-\$35

10 VISIT PUNCH CARD-\$60

30 DAY UNLIMITED SPIN & YOGA-\$75

There is a 2 person minimum required for each class to proceed