

ROCKREATION

November Yoga & Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM		Wake Up & Flow w/ Sara		Wake Up & Flow w/ Sara	
12:00 PM	Vinyasa Flow w/ Kyuri		Vinyasa Flow w/ Kyuri		
1:15 PM	OPEN STUDIO				
5:30 PM					Gentle Yoga w/ Ruth
6:00 PM		Franklin Method/Yoga w/ Cheri			
6:30 PM			Vinyasa Flow w/ Pat	Viniyoga w/ Michael	
7:00 PM					Partner Yoga w/ Diane
7:35 PM	ZUMBA w/ Susie	Meditation w/ Sarah V	ZUMBA w/ Susie		

Class Descriptions:

Meditation: An easy class with ample guidance that draws on a combination of Yoga styles. Classes may include breath work and some gentle poses/movements.

Wake Up & Flow: A light-hearted, fun, athletic Yoga class suitable for all levels. This class is a great way to start your day, enhancing energy, mood, physical strength and flexibility.

Zumba: Get your cardio in and burn up to 700 CALORIES per class! Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates a variety of dance disciplines like hip-hop and samba. Squats and lunges are also included.

Partner Yoga: This modern form of Yoga is a great way to build strength, improve balance and concentration. This class is a fun blend of acrobatics and Yoga. You do not need a partner to join this class!

Vini Yoga: This class is a combination of Yoga exercises, building strength and increasing flexibility through asana (poses), breath and meditation.

Gentle Yoga: Breath-centered gentle Yoga, introducing some advanced postures and inversion, including breathing exercises, pranayama and meditation. All levels of experience are welcome.

Vinyasa Flow: A beginner/intermediate level class that will help you build strength and increase flexibility. Vinyasa is an energetic, athletic form of Yoga where students link breath to movement as they transition fluidly from one pose to the next.

The Franklin Method/Yoga: A movement education system that teaches hands on techniques to refine movement patterns and melt tension, improve posture and flexibility, increase proprioception and function. If you're coming back from an injury, want to recover better, or you're at a plateau in your climbing, join in.