



# Spring Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Hot Power</b> 9:30 am Ina	<b>Hot 26 (45 Min)</b> 6:30 am Diana	<b>Hot Power</b> 9:00 am Sue	<b>Hot 26 (45 min)</b> 6:30 am Diana	<b>Hatha</b> 9:00 am Yin	<b>Yoga &amp; Meditation (75 min)</b> 8:00 am Damian	<b>Hot Power</b> 8:30 am Jacklyn
<b>Hatha</b> 11:00 am Ina	<b>Hot Power</b> 8:00 am Sue	<b>Hot 26 (60 min)</b> 10:30 am Lisa	<b>Hot Power</b> 9:30 am Kylie	<b>Warm Vinyasa</b> 10:30 am Kylie	<b>Hot Power</b> 9:45 am Sue	<b>Yoga &amp; Meditation (75 min)</b> 10:00 am Damian
	<b>Hatha</b> 9:30 am Yin				<b>Hot 26 (45 min)</b> 11:15 am Ina	
<b>Hatha</b> 4:30 pm Yin	<b>Hot 26 (60 Min)</b> 6:00 pm Jacklyn	<b>Hot Power</b> 5:30 pm Sue	<b>Warm Vinyasa</b> 4:30 pm Leigh	<b>Hot 26 (45 min)</b> 5:15 pm Diana	See the Spa 23 app, website or bulletin for upcoming yoga workshops and any schedule updates.  Follow us on:  	
<b>Warm Vinyasa</b> 7:00 pm Jacklyn	<b>Hot Power</b> 7:30 pm Vanessa	<b>Hatha</b> 7:00 pm Lisa	<b>Hot 26 (60 min)</b> 7:30 pm Diana	<b>Hatha &amp; Restore</b> 6:30 pm Jacklyn		

**Hatha** – This all-level class is built on the foundations of yoga. It focuses on combining breath and movement into one. A traditional non-heated class perfect for students who are looking to move at a slower pace and work more on their alignment.

**Hatha & Restore** – Half Hatha and half Restorative yoga, this class is the ultimate escape for the body and mind. Relax and unwind in this non-heated all-level class filled with gentle movements and deep breathing.

**Hot 26** – Heated to 105 degrees, this class consists of 26 postures. This all-level traditional sequence with our unique twist is meant to detoxify the body and mind and increase flexibility, strength and lung capacity. Class time ranges from 45 to 60 minutes. Designated time for each day reflected on the calendar.

**Hot Power** – Prepare for an hour of power in this 95 degree class. Challenge yourself to a sequence filled with rejuvenating poses to help you build strength and improve flexibility. This class will include inversions and arm balancing.

**Warm Vinyasa** – A practice for the mind and body, filled with vigorous movements integrating the breath. The 85 degree heat will allow the muscles to relax, will burn calories and increase flexibility.

**Yoga & Meditation** – For students looking to expand their awareness and physical practice, this class is a must. Focusing on creating space in the body and opening the mind. This all-level class is 75 minutes.