



# Summer Schedule 2018

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

**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.

**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.