

Yoga SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15-9:20am	YB	SS	YB	SS	V		
8:15-9:15am						MY	
8:30-9:35am						SS	
8:30-9:35am						V	
9:00-10:05am							V
9:30-10:35am	SS				SS		
9:30-10:35am	V	V	V	V			
9:30-11:00am		BNB	SS (90 min)	BNB			
10:00-11:05 am						SS	
10:15-11:20am							SS
10:45-11:45am	MBB	MBB	MBB	MBB			
4:30-5:35pm	SS	V	SS	V			
6:00-7:05pm	SS	SS	SS	SS			
6:00-7:05pm	V		V				
7:15-8:20 pm		SS		SS			
7:40-8:40pm	MY		MY				
7:30-9:00pm	BNB		BNB				

Classes highlighted in yellow are included with HAC Membership. Classes highlighted in any shade of blue are included with HAC Yoga Membership (fee-based otherwise). Light blue classes are 90 minutes in length. Pre-registration is required for classes highlighted in orange and they are fee-based for all membership types.

See Reverse Side for Details

Yoga SCHEDULE

MBB – Mind Body Balance - One hour, non-heated class that focuses on developing strength and flexibility for deep breathing, increased stability and a greater range of motion on and off the mat. Each movement taken in class is connected to your breath, helping to relieve stress and tension. Members only, no additional fee.

MY—Mindful Yoga – One hour, non-heated class that integrates movement and deep rhythmic breathing for a meditative approach to hatha yoga. Members only, no additional fee.

BNB - Brand New Beginner Course - teaches the fundamental principles that work quickly to improve your posture, alleviate pain, and focus your mind. This eight session course will break down the correct alignment, health benefits, and modifications of our Stationary Sequence (SS) class. A great course for the beginner yoga student as well as intermediate students looking to deepen their understanding of the yoga process. Included in your tuition is free access to SS classes during the four weeks of the course, enabling you to reinforce what you learn in the BNB sessions. Pre-registration and pre-payment required

SS- Stationary Sequence - A full body sequence of postures for beginners to advanced practitioners. Postures promote strength and flexibility while fostering deeper levels of concentration. Classes are on a drop-in basis with pre-payment required.

V- Vinyasa – This class takes the principles taught in the Stationary Sequence into a dynamic flow using the breath to link poses. Increase your lung capacity and mental alertness through yogic breathing while tapping into your ability to calm the body, mind, and emotions. A physically challenging and spiritually fulfilling class. Classes are on a drop-in basis with pre-payment required.

YB - Yoga Bootcamp – This class highlights Core based movements in four different planes of motion. You will focus on toning and strengthening from the Core and mindfully moving from that awareness. You will experience uplifting music, sound therapeutic alignment principles and receive heart-felt inspiration. Classes are on a drop-in basis with pre-payment required.

Single class (One Year Expiration): \$12.00 member, \$20.00 non-member

Ten class package (Six Month Expiration): \$110 member, \$180.00 non-member

BNB Course: \$100.00 member, \$130.00 non-member

Private Session (75 minutes): \$100 member

Special rates available for students in high school or college and seniors.

***Core Awakening is now Yoga Bootcamp!**