



## CLASS SCHEDULE MARCH 2023

### CLASS DESCRIPTIONS

**Power Vinyasa Yoga:** A physically challenging breath-based yoga flow practice that invites students to step out of their comfort zone to discover what they are capable of on and off their yoga mat. It promotes strength, confidence, empowerment, and all the neurological, mental, and physical benefits of a mindful yoga practice. Temp: ~90°

**YOD:** We inject high-intensity interval training into our regular Power Vinyasa class to train your body in a new way and enhance your yoga practice. Temp: 85-90°

**Slow Flow:** A slower-paced version of a power vinyasa sequence that allows several breaths per movement. Great for those interested in digging deep... spoiler alert: "Slow Flow" does not mean "Easy Flow." Temp: ~90°

**Friday Flow:** A Power Vinyasa class with music taking a front seat! There is typically a little less instruction in these classes so you can get into the groove and shake your asana!

**Renew & Release:** Renew & Release is a slow, deep, and powerful flow with a focus on twists, heart and hip opening, while still creating tapas (heat) through physically challenging poses and transitions. Temp: ~90°

**Meditate & Rejuvenate:** Guided meditation and a juicy, hip-opening, rejuvenating flow. Temp: 80-85°

**Yin:** A passive style of yoga in which postures are held for longer periods of time to allow for deep release. Temp: ~75°

**Y12SR:** (Yoga of 12-Step Recovery) Through inquiry, group sharing, meditation, breath work, and physical asana practice, you will work to bridge the gap between the 12-Steps and yoga. This class is FREE as a service to our community. Temp: 80-85°

### HIGHLANDS + LIVESTREAM

#### MONDAY

6:00 AM	YOD	Gina O'Brien	60 min
9:30 AM	Power Vinyasa	Rachel Kulp	75 min
12:15 PM	Power Vinyasa+LIVESTREAM	Sav Schenck	45 min
4:45 PM	Power Vinyasa	Cat Crawford	60 min
6:15 PM	Meditate & Rejuvenate	Stephanie Kersting	60 min

#### TUESDAY

6:00 AM	Power Vinyasa	Corey Butler	60 min
9:30 AM	Power Vinyasa	Tina Zeller	75 min
12:15 PM	Power Vinyasa +LIVESTREAM	Stephanie Kersting	45 min
4:45 PM	YOD	Agnese Smith	60 min
6:15 PM	Power Vinyasa	Cat Crawford	60 min
7:45 PM	Renew & Release+LIVESTREAM	Chloe O'Bryan	60 min

#### WEDNESDAY

6:00 AM	Power Vinyasa +LIVESTREAM	RaVone Wortham	60 min
9:30 AM	Renew & Release	Stephanie Kersting	75 min
12:15 PM	Power Vinyasa +LIVESTREAM	Renee Beard	45 min
4:45 PM	Power Vinyasa	Stephanie Kersting	60 min
6:15 PM	Power Vinyasa	RaVone Wortham	60 min

#### THURSDAY

6:00 AM	Power Vinyasa	Renee Beard	60 min
9:30 AM	Slow Flow	Cami Glauser	75 min
12:15 PM	Power Vinyasa +LIVESTREAM	Stephanie Kersting	45 min
4:45 PM	Power Vinyasa	Tina Zeller	60 min
6:15 PM	Power Vinyasa	Alison Cox	60 min
7:45 PM	Meditate & Rejuvenate	Nikki Tonini	60 min

#### FRIDAY

6:00 AM	Friday Flow +LIVESTREAM	Cat Crawford	60 min
9:30 AM	Friday Flow	Stephanie Kersting	75 min
12:15 PM	Friday Flow	Tina Zeller	45 min
4:45 PM	Friday Flow	Carrie Keller	60 min

#### SATURDAY

7:30 AM	YOD	Melissa Hutchins	75 min
9:15 AM	Power Vinyasa	Melissa Hutchins	75 min
11:00 AM	Slow Flow	Alison Cox	60 min

#### SUNDAY

8:00 AM	Power Vinyasa +LIVESTREAM	Lauren Schulz	60 min
9:30 AM	Renew & Release	Courtney Stine	75 min
11:30 AM	Yin	Rotating Instructors	75 min
2:00 PM	Yoga for Recovery	Renee / Lauren	90 min
4:00 PM	Power Vinyasa	Chloe O'Bryan	60 min
7:00 PM	Renew & Release	Stephanie Deetsch	75 min

### EAST END

#### MONDAY

9:30 AM	Renew & Release	Renee Beard	60 min
12:15 PM	Power Vinyasa	Cami Glauser	45 min
6:30 PM	Power Vinyasa	Corey Butler	60 min

#### TUESDAY

5:45 AM	Power Vinyasa	Gina O'Brien	60 min
9:30 AM	Slow Flow	Lauren Quaife	60 min
4:45 PM	Power Vinyasa	Cami Glauser	45 min
6:00 PM	Renew & Release	Cami Glauser	75 min

#### WEDNESDAY

5:45 AM	YOD	Nicole Hess	60 min
9:30 AM	Power Vinyasa	Sav Schenck	60 min
12:15 PM	Power Vinyasa	Corey Butler	45 min
6:30 PM	Slow Flow	Stephanie Deetsch	60 min

#### THURSDAY

5:45 AM	Power Vinyasa	RaVone Wortham	60 min
9:30 AM	Power Vinyasa	Rachel Kulp	60 min
4:45 PM	Power Vinyasa	Lauren Quaife	45 min
6:00 PM	Power Vinyasa	Carrie Keller	75 min

#### FRIDAY

9:30 AM	Friday Flow	Cami Glauser	60 min
12:15 PM	Friday Flow	Corey Butler	45 min

#### SATURDAY

9:30 AM	Renew & Release	Nikki Tonini	60 min
12:00 PM	Power Vinyasa	Rotating Instructors	60 min

#### SUNDAY

8:00 AM	YOD	Agnese Smith	75 min
11:00 AM	Slow Flow	Caroline Weatherford	60 min

### HOW TO ACCESS VIRTUAL/ LIVESTREAM CLASSES:

Register using the Walla App or website schedule. The invitation to join Zoom Class is sent via your preferred communication method (email or text, managed in your Walla profile) **30 minutes** before the class.

Register and attend LIVE for connection, feedback and accountability.

OR don't register at all and access ALL recent recordings in our Video On-Demand Library!



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