



OCTOBER 2023 SCHEDULE

CLASS DESCRIPTIONS

Power Vinyasa Yoga: A physically challenging breath-based yoga flow practice that 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°

Rocket: This vigorous yet playful vinyasa yoga practice is a rebellious remix of the Ashtanga series. Expect inversions, arm balances, funky transitions, and to get STRONG. 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°

502PY ON-DEMAND:

Our Members get unlimited access to over 600 class recordings in our Video On-Demand Library!



502PY ON DEMAND

HIGHLANDS DOUGLASS BLVD @ BARDSTOWN

MONDAY			
6:00 AM	YOD	Gina O'Brien	60 min
9:30 AM	Power Vinyasa	Rachel Kulp	75 min
12:15 PM	Power Vinyasa	Sav Schenck	45 min
3:15 PM	Power Vinyasa	Chloe O'Bryan	60 min
4:45 PM	Rocket	Cat Crawford	60 min
6:15 PM	Meditate & Rejuvenate	Stephanie Kersting	60 min

TUESDAY			
6:00 AM	Power Vinyasa	Corey Butler	60 min
8:00 AM	Slow Flow	Corey Butler	60 min
9:30 AM	Power Vinyasa	Tina Zeller	75 min
12:15 PM	Power Vinyasa	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	Chloe O'Bryan	60 min

WEDNESDAY			
6:00 AM	Power Vinyasa	RaVone Wortham	60 min
7:30 AM	Yin	Renee Beard	75 min
9:30 AM	Renew & Release	Stephanie Kersting	75 min
12:15 PM	Power Vinyasa	Corey Butler	45 min
3:15 PM	Power Vinyasa	Lauren Schulz	60 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
8:00 AM	YOD	Nicole Hess	60 min
9:30 AM	Slow Flow	Cami Glauser	75 min
12:15 PM	Power Vinyasa	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	Sav Schenck	60 min
9:30 AM	Friday Flow	Stephanie Kersting	75 min
12:15 PM	Friday Flow	Tina Zeller	45 min
3:15 PM	YOD	Alison Cox	60 min
4:45 PM	Friday Flow	Carrie Keller	60 min

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

SUNDAY			
8:00 AM	Power Vinyasa	Lauren Schulz	60 min
9:30 AM	Renew & Release	Corey Butler	75 min
11:30 AM	Yin	Rotating Instructors	75 min
4:45 PM	Power Vinyasa	Chloe O'Bryan	60 min
6:15 PM	Renew & Release	Stephanie Deetsch	75 min

EAST END RUDY LANE @ BROWNSBORO

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
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	Cami Glauser	45 min
6:00 PM	Power Vinyasa	Carrie Keller	75 min

FRIDAY			
5:45 AM	Friday Flow <i>Begins Oct 6</i>	Agnese Smith	60 min
9:30 AM	Friday Flow	Lauren Quaife	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
10:00 AM	Power Vinyasa <i>Begins Oct 8</i>	Christopher deRome	60 min

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