

✓ NEW STUDENT CHECKLIST

FEEL GOOD & SAVE BIG

Complete this checklist during your 30 Day Intro to be eligible for **10% off** any of our monthly autopay memberships!

Download the Walla App (QR codes inside)

Try one class at each studio

Follow us on Instagram

Use your FREE Guest Pass to bring a friend

Try at least 3 different class styles

MEMBERSHIP OPTIONS

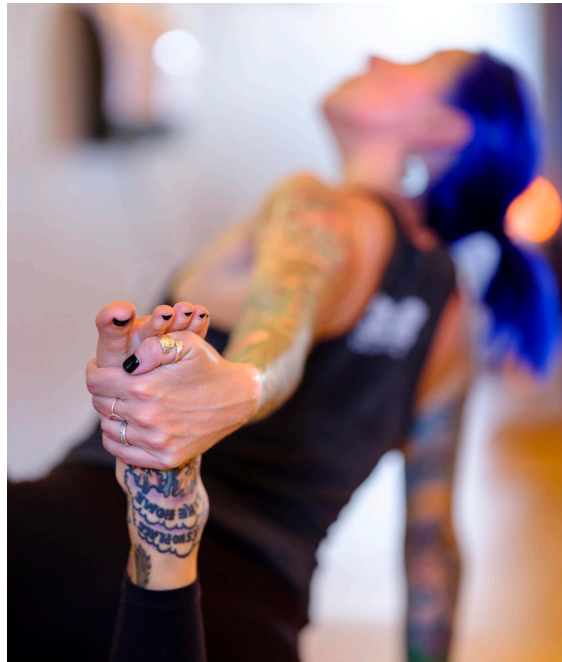
All Access ~~\$108~~ **\$97.20**
Best for 3+ classes/week

8x/Month ~~\$92~~ **\$82.80**
Best for 2 classes/week

4x/Month ~~\$56~~ **\$50.40**
Best for 1 class/week

MEMBERSHIP BENEFITS

1 Free guest pass per month
15% off 502PY Merchandise
Discounts on Workshops
Free monthly pass at Barre3, Shred415, and Title Boxing and more!



ABOUT 502 POWER YOGA

502 Power Yoga offers a judgement-free environment for students to support and motivate each other through a physically challenging yoga practice. No matter what your experience level is, or how you feel on a particular day, a class at 502PY has a unique way of generating connection, inspiration, and transformation, leaving you feeling more empowered and confident than you were before. Our vibrant and slightly off-kilter culture is for you if like to keep it weird, keep it real, and have a little fun while you sweat.

NEW STUDENT SPECIAL: 30 DAYS FOR \$45

All first time visitors to the studio are eligible to try classes at both studios for 30 consecutive days for only \$45.



APRIL 2024

DO YOGA. FEEL GOOD.

HIGHLANDS

2210 Dundee Rd, 2nd Floor
Louisville, KY 40205

EAST END * CLOSING APRIL 30

1901 Rudy Lane
Louisville, KY 40207

(502) 208-1012

www.502poweryoga.com



APRIL 2024

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°

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! Temp: ~90°

Hearts & Hips: Formerly Renew & Release, Hearts & Hips 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°

Slow & Strong: In this slower-paced Power Vinyasa class, we think "less is more." You'll challenge yourself by holding fewer postures for a longer period of time. Temp: ~90°

Meditate & Rejuvenate: This class explores the more yin and restorative aspects to our physical practice and includes guided meditation. 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!



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 & Strong	Cami Glauser	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	Hearts & Hips	Chloe O'Bryan	60 min
WEDNESDAY			
6:00 AM	Power Vinyasa	RaVone Wortham	60 min
7:30 AM	Yin	Lauren S / Cami G	75 min
9:30 AM	Hearts & Hips	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	Becky Macdonald	60 min
8:00 AM	YOD	Nicole Hess	60 min
9:30 AM	Slow & Strong	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	Cat Crawford	60 min
SATURDAY			
7:30 AM	YOD	Melissa Hutchins	75 min
9:30 AM	Power Vinyasa	Melissa Hutchins	75 min
11:30 AM	Slow & Strong	Alison Cox	60 min
SUNDAY			
8:00 AM	Power Vinyasa	Lauren Schulz	60 min
9:30 AM	Hearts & Hips	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	Hearts & Hips	Stephanie Deetsch	75 min

EAST END LAST DAY OF CLASSES: APRIL 30			
MONDAY			
9:30 AM	Meditate & Rejuvenate	Cami Glauser	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 & Strong	Lauren Bension	60 min
4:45 PM	Power Vinyasa	Cami Glauser	45 min
6:00 PM	Hearts & Hips	Stephanie Deetsch	75 min
WEDNESDAY			
5:45 AM	YOD	Nicole Hess	60 min
9:30 AM	Power Vinyasa	Sav Schenck	60 min
6:30 PM	Slow & Strong	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	Hannah Lipman	75 min
FRIDAY			
5:45 AM	Friday Flow	Agnese Smith	60 min
9:30 AM	Hearts & Hips	Lauren Bension	60 min
12:15 PM	Friday Flow	Corey Butler	45 min
SATURDAY			
9:30 AM	Hearts & Hips	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	Christopher deRome	60 min

GET THE WALLA APP

Register for classes, manage your schedule, invite guests to join you, and more using the Walla App!

iOS

Android

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