

✓ 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

Try at least 3 classes

Follow us on Instagram

Use your FREE Guest Pass to bring a friend

Turn on SMS or Email Communication

MEMBERSHIP OPTIONS

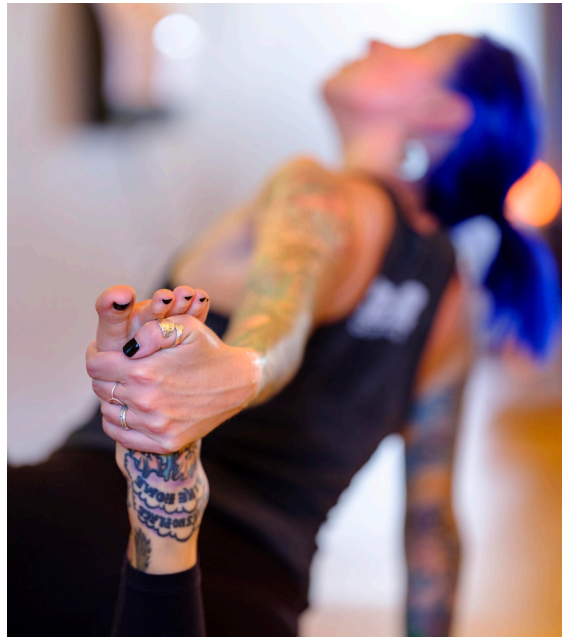
All Access ~~\$108~~ **\$97.20**
Best for 3+ classes/week

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 unlimited classes for 30 days for only \$45.



MAY 2024

DO
YOGA.
FEEL
GOOD.

THE DOUGLASS LOOP
2210 Dundee Rd, 2nd Floor
Louisville, KY 40205

(502) 208-1012
www.502poweryoga.com



MAY 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: 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°

GET THE WALLA APP

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



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00							
6:00	YOD 6:00-7:00AM Gina O.	Power Vinyasa 5:45-6:45AM Corey B.	Power Vinyasa 6:00-7:00AM RaVone W.	Power Vinyasa 5:45-6:45AM Becky M.	Friday Flow 6:00-7:00AM Sav S.		
7:00							
8:00	Power Vinyasa 7:30-8:45AM Nicole H.		Yin 7:30-8:45AM Lauren/Cami		Friday Flow 7:30-8:45AM Rachel K.	YOD 7:30-8:45AM Melissa Hutchins	YOD 7:30-8:45AM Agnese Smith
9:00		Slow & Strong 8:30-9:30AM Cami G.		Power Vinyasa 8:30-9:30AM Christopher D.			
10:00	Hearts & Hips 9:30-10:45AM Cami G.	Power Vinyasa 10:00-11:00AM Tina Z.	Hearts & Hips 9:30-10:45AM Stephanie K.	Slow & Strong 10:00-11:00AM Cami G.	Friday Flow 9:30-10:45AM Stephanie K.	Power Vinyasa 9:30-10:45AM Melissa H.	Hearts & Hips 9:30-10:45AM Corey B.
11:00							
12:00	Power Vinyasa 12:15-1:00PM Sav S.	Power Vinyasa 12:15-1:00PM Stephanie K.	Power Vinyasa 12:15-1:00PM Corey B.	Power Vinyasa 12:15-1:00PM Stephanie K.	Friday Flow 12:15-1:00PM Tina Z/	Slow & Strong 11:30AM-12:30PM Alison C.	Yin 11:30AM-12:45PM Rotating
1:00						Power Vinyasa 1:00-2:00PM Rotating	
2:00							
3:00	Power Vinyasa 3:15-4:15PM Chloe O.		Power Vinyasa 3:15-4:15PM Lauren S.		YOD 3:15-4:15PM Nicole H.		
4:00							
5:00	Rocket 4:45-5:45PM Cat C.	YOD 5:00-6:00PM Agnese S.	Power Vinyasa 4:45-5:45PM Stephanie K.	Power Vinyasa 5:00-6:00PM Tina Z.	Friday Flow 4:45-5:45PM Hannah L.		Power Vinyasa 4:45-5:45PM Chloe O.
6:00	Meditate & Rejuvenate 6:15-7:15PM Stephanie K.	Power Vinyasa 6:30-7:30PM Cat C.	Power Vinyasa 6:15-7:15PM RaVone W.	Power Vinyasa 6:30-7:30PM Alison C.			Hearts & Hips 6:15-7:30PM Stephanie D.
7:00							
8:00		Hearts & Hips 8:00-9:00PM Chloe O.		Meditate & Rejuvenate 8:00-9:00PM Nikki T.			