

## class descriptions

### Hatha

A gentle practice where poses are introduced at a slow pace in order to gain correct posture alignment. Ideal for beginners and all levels.

### Flow

A faster paced class that uses a sequence of breath-synchronized movements to transition between poses. All levels.

### Anusara

Created by John Friend, this class weaves precise principles of alignment with energetic poses while honouring the connection of mind, body and spirit. All levels.

### Power

An energetic flow class heated to 32°C that builds on intensity and stamina to build flexibility, strength and core stability. Beginners will be challenged; all levels.

### YHot

Following the Yyoga hot sequence of static postures, the room is heated to 40°C for deep stretching and a detoxifying sweat. Ideal for beginners and all levels.

### YRide

Conscious Cardio! An innovative cardiovascular workout that strengthens, lengthens and tones the body by integrating indoor cycling with yoga. All levels.

### Core

Non-impact movements that focus on core stability, strength and coordination. Beginners will be challenged; all levels.

### Pilates

Tone and align from the inside out while increasing range of motion, and re-balancing the entire body. Ideal for beginners; all levels.

### Yin

This meditative slow-paced class focuses on passive, long stretches. Ideal for beginners; all levels.

### Kids

Fun and imaginative, this class helps children build strength, flexibility, coordination and concentration through basic postures and games. Ages 4-11.

### Yoga for Recovery

This class incorporates gentle poses, focused breathing and guided relaxation to assist you in your healing journey. Through yoga you will gain an understanding of how to improve your immune system and assist the body and soul's natural ability to heal. All levels.

### ESL Yoga

If English is your second language, this class is for you! Basic postures and terms will be explained and taught. All levels.

### Yoga for Stiff Guys

Ever feel intimidated by all the "bendy" women in a yoga class? You will learn the key elements of a yoga class with great alignment tips. Improve your golf swing, slap shot and your manliness as you tap into your inner yogi. All Levels.

### Bliss Hips

This special Anusara Inspired class focusing on vital hip exploration. Release tension from your work week by releasing tension in your hips. All Levels.

### Yoga Lab

This class combines conscious breath work, powerful flowing movements and meticulous alignment to explore the How and Why behind some challenging yoga postures. All levels.

	M	T	W	Th	F	Sat	Sun
6:00–7:00	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro		
6:30–7:30	YHot	YHot	YHot	YHot	YHot		
7:00–8:00	Flow	Flow	Flow	Flow	Flow	YHot	YHot
7:15–8:15	Core	Core	Core	Core	Core		
7:45–8:45	YHot	YHot	YHot	YHot	YHot		
8:15–9:15	Flow	Flow	Flow	Flow	Flow	Flow	Flow
						8:00–9:15 YRide Sprint	8:00–9:15 YRide Enduro
8:30–9:45						YHot	YHot
9:30–11:00	Hatha	Hatha	Hatha	Hatha	Hatha	Hatha	Anusara: The Practice Int/Adv (120 min)
9:45–10:45	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates
10:00–11:30	Anusara	Anusara	Anusara	Anusara	Anusara	Power	Power
12:00–12:45	YHot	YHot	YHot	YHot	YHot	YHot	YHot
12:00–1:00	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint
12:15–1:15	Flow	Flow	Flow	Flow	Flow	YFlow (75 min)	Beginner Flow (75 min)
1:00–2:15	YHot	YHot	YHot	YHot	YHot	YHot	YHot
2:00–3:15	Pilates	Flow by donation	Pilates		Pilates	Yoga Lab (90 min)	
2:30–3:45	Power	Power	Power	Power	Power	Power	Power (60 min)
		Yoga for Recovery (60 min)		ESL Yoga (60 min)		Yoga for Stiff Guys	Kids (4-11) (60 min)
4:00–5:00	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	Beginner YRide	YRide Sprint
4:00–5:15	Power	Power	Power	Beginner Power	Power Int/Adv	Power	Power
4:15–5:45	Anusara	Anusara	Anusara	Anusara	Bliss Hips	Beginner Anusara	Anusara
5:15–6:15	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro
5:30–6:30	YHot	YHot	YHot	YHot	YHot	YHot	YHot
6:00–7:30	Flow	Flow	Flow	Flow	Flow	Flow	Flow
6:45–7:45	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates
6:45–8:00	Power	Power	Power	Power	Beginner Power	Power	Power
7:45–9:00	Yin	Yin	Yin	Yin	Yin	Yin	Yin
8:15–9:15	YHot	YHot	YHot	YHot	YHot	YHot	YHot
8:15–9:15	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint
9:15–10:15	Flow Candlelight	Flow Candlelight	Flow Candlelight	Flow Candlelight	Flow Candlelight		
9:30–10:30	YHot	YHot	YHot	YHot	YHot	YHot	YHot