

MONDAY

9:00-10:00am	Thermal Yoga® 60	John	🔥🔥	Jade
10:30-11:30am	Stretch & Align	John		Jade
12:00-1:00pm	Alignment Vinyasa II	Alexis		Jade
5:30-6:30pm	Power Vinyasa	John	🔥	Jade

TUESDAY

6:00-7:00am	Thermal Yoga® 60	Alexis	🔥🔥	Jade
9:00-10:00am	Hatha	Malissa		Jade
10:30-11:30am	Power Vinyasa	Tonya		Jade
12:00-1:00pm	Power Vinyasa	Tonya	🔥	Jade
5:00-6:00pm	Yoga Sculpt	Emma		2
5:30-6:30pm	Basic Vinyasa	Chris		Jade
7:00-7:45pm	Yin/Meditation	Malissa		Jade

WEDNESDAY

6:00-7:00am	Alignment Vinyasa I	Emma		Pool
7:30-8:30am	Power Vinyasa	Tonya	🔥	Jade
9:00-10:00am	Thermal Yoga® 60	Alexis	🔥🔥	Jade
10:30-11:30am	Stretch & Align	Julie		Jade
12:00-1:00pm	Alignment Vinyasa II	Malissa		Jade
5:30-6:30pm	Power Vinyasa	Alana	🔥	Jade

THURSDAY

6:00-7:00am	Thermal Yoga® 60	Elena	🔥🔥	Jade
9:00-10:00am	Hatha	Layne		Jade
10:30-11:30am	Power Vinyasa	Malissa		Jade
12:00-1:00pm	Power Vinyasa	Malissa	🔥	Jade
5:00-6:00pm	Yoga Sculpt	Valerie		2
5:30-6:30pm	Thermal Yoga® 60	Jen R.	🔥🔥	Jade

FRIDAY

6:00-7:00am	Alignment Vinyasa I	Chris		Pool
9:00-10:00am	Thermal Yoga® 60	Jen R.	🔥🔥	Jade
10:30-11:30am	Stretch & Align	Julie		Jade
12:00-1:00pm	Alignment Vinyasa I	Deb		Jade
4:30-5:30pm	Yin/Nidra	Brianne		Jade

SATURDAY

8:00-9:00am	Power Vinyasa	Tonya	🔥	Jade
9:30-10:30am	Thermal Power Fusion	Tonya	🔥	Jade
10:00-11:00am	Yoga Sculpt	Team		2
11:00-12:00pm	Yin/Meditation	John		Jade

SUNDAY

8:00-9:00am	Alignment Vinyasa I	Danessa	🔥	Jade
9:30-10:30am	Thermal Yoga® 60	Danessa	🔥🔥	Jade
11:00am-12:00pm	Restorative Yoga	Layne		Jade
4:00-5:00pm	Candlelight Vinyasa	Brianne		Jade

Yoga

COMPLIMENTARY
EFFECTIVE 9/1/20

HEAT

- 🔥 92° / 45% Humidity
- 🔥🔥 99° / 50% Humidity

STUDIOS

Jade
Studio 2

Suitable for Beginners

Yoga Classes

ALIGN

Alignment Vinyasa I / II

Designed to cultivate heat in the body with creative, intelligent sequences and a focus on the connection of breath. Level II is not recommended for beginners and will take your practice to the next level.

Hatha

Designed for everyone with an emphasis on posture, breath, strength, and flexibility.

Stretch & Align

A series of flowing, dynamic and static stretches designed to enhance everyday functional movement. Increase flexibility and improve balance and posture.

FLOW

Basic Vinyasa

The pace will be slower than our Power Vinyasa classes so we can focus on alignment and posture. This class is great for anyone working with injuries, beginning their practice or wanting to brush up on the foundations of yoga.

Power Vinyasa

This is a vigorous, fitness-based approach to Vinyasa style yoga. The power yoga flow will burn calories, tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment. Some classes taught in heat. See schedule for specifics.

Rise and Shine

Stretch and strengthen with this 30 minute yoga class designed to wake up your entire body. The perfect start to your day!

STRENGTHEN

Yoga Sculpt

This total body workout is designed to tone and sculpt every major muscle group. You will move through sun salutations and other yoga postures using hand weights to add strength and depth to each pose

SWEAT

Thermal Power Fusion

A fusion of the traditional 26 hot yoga postures with the asanas found in our Alignment/Power Vinyasa classes. Benefits include further hip opening as well as upper body and core strengthening.

Thermal Yoga

All levels of students from beginner to advanced are welcome. The series of 26 postures and breathing exercises is practiced in a heated room, warming our bodies to reduce the risk of injury and release toxins through sweat.

RESTORE

Candlelight Vinyasa

Start your week with this slow paced candlelight Vinyasa class.

Restorative Yoga

This calming practice is intended to align your physical and mental being with a series of gentle poses supported by props. Leave feeling relaxed and energized.

Yin/Meditation

Suited for all levels, this class combines postures that target deep connective tissue with the healing benefits of meditation to quiet the mind. Increase circulation, improve flexibility, and renew the body's flow of energy.

Yin/Nidra

Begin with Yin yoga targeting the connective tissues of the body to increase circulation, improve flexibility, and renew the body's flow of energy. Finish with Yoga Nidra, an ancient meditation technique which offers conscious relaxation on physical, mental and emotional levels. Suitable for all levels.