

MONDAY

6:00-7:00am	Align and Flow	Ariella		Jade
9:00-10:15am	Thermal Yoga® 75	John	🔥🔥	Jade
10:45-11:45am	Yoga Basics ▶	John		Jade
5:30-6:45pm	Thermal Yoga® 75	Tambra	🔥🔥	Jade

TUESDAY

6:00-7:00am	Thermal Yoga® 60	Danielle	🔥🔥	Jade
9:00-10:00am	Hatha ▶	Malissa		Jade
10:05-10:25am	Guided Meditation	Team		Jade
10:30-11:30am	Tai Chi	Marek		Jade
12:00-1:00pm	Power Flow	Tonya	🔥	Jade
4:30-5:30pm	Yoga Basics	Julia		Jade
5:45-6:45pm	Align and Flow	Julia		Jade
6:00-7:00pm	Yoga Sculpt	Anne		2

WEDNESDAY

6:00-7:00am	Align and Flow	Brianne	🔥	Jade
7:30-8:30am	Power Flow	Tonya	🔥	Jade
9:00-10:15am	Thermal Yoga® 75	Tonya	🔥🔥	Jade
10:45-11:45am	Yoga Basics	Julie H		Jade
12:00-1:00pm	Align and Flow	Christy		Jade
3:45-4:15pm	Kids Yoga Ages 3-5	Julia		2
4:30-5:15pm	Kids Yoga Ages 6-10	Julia		2
5:30-6:30pm	Power Flow	Caitlin	🔥	Jade
7:00-8:00pm	Mindful Movement	Priya		Jade

THURSDAY

6:00-7:00am	Thermal Yoga® 60	Elena	🔥🔥	Jade
9:00-10:00am	Hatha	Venus		Jade
10:30-11:30am	Align and Flow ▶	Ariella		Jade
11:00-12:00pm	Yoga Sculpt	Valerie		2
12:00-1:00pm	Power Flow	Tammy	🔥	Jade
5:30-6:45pm	Thermal Yoga® 75	Jen	🔥🔥	Jade

FRIDAY

6:00-7:00am	Align and Flow	Anne	🔥	Jade
9:00-10:15am	Thermal Yoga® 75	Ania	🔥🔥	Jade
10:45-11:45am	Yoga Basics ▶	Carrie		Jade
12:00-1:00pm	Align and Flow	Caitlin		Jade
1:15-2:15pm	Tai Chi	Marek		Studio 2
4:30-5:45pm	Yin/Nidra	Brianne		Jade

SATURDAY

8:00-9:00am	Power Flow	Tonya	🔥	Jade
9:30-10:30am	Thermal Power Fusion	Tonya	🔥	Jade
9:30-10:30am	Yoga Sculpt	Brooke		2
11:05-12:05pm	Yin	Julia		Jade

SUNDAY

8:00-9:00am	Align and Flow	Malissa	🔥	Jade
9:00-10:00am	Hatha	Lena		Opal
9:30-10:45am	Thermal Yoga® 75	John	🔥🔥	Jade
11:30-12:30pm	Thermal Yoga® 60	Elena	🔥🔥	Jade
1:00-2:00pm	Restorative Yoga	Team		Jade
4:30-5:30pm	Candlelight Flow	Team		Jade

Yoga

COMPLIMENTARY
EFFECTIVE 11/1/24

UPDATED 10.23.24

HEAT

🔥 98° / 50% Humidity
🔥🔥 105° / 55% Humidity

STUDIOS

Jade
Studio 2
Opal

▶ LIVESTREAM CLASSES

Suitable for Beginners



SCAN FOR INFO

Yoga Classes

Thermal Power Fusion

This class fuses the challenging asanas of the Thermal series with the asanas and flow style of a Vinyasa sequence.

Thermal Yoga

This class is the traditional sequence of 26 asanas and pranayama, practiced in a heated room at the classic 105 degrees and 55% humidity. Heated classes are intended to promote flexibility, as well as cleanse, detox and refresh through intense sweat and focus.

Power Flow

A vigorous and dynamic style of Vinyasa yoga that includes challenging sequences with advanced transitions and asanas such as arm balances, twists, inversions and backbends. This class will build strength and endurance while increasing flexibility and mindfulness.

Kids' Yoga

Yoga is a wonderful tool that can help children develop discipline, be more physically active, enhance concentration, improve athletic performance and reduce stress.

Align and Flow

An energizing style of Vinyasa yoga consisting of creative and intelligent sequences, postures are linked together by sun salutations with fast-paced transitions. A focus is on connecting the breath to movement, as well as safe alignment to maximize the benefits of each asana and reduce susceptibility to injury.

Hatha

This classic form of yoga is a slower paced class with a focus on long holds in the asanas to cultivate mindfulness, increase flexibility and balance, and build both mental and physical stamina.

Yoga Basics

A therapeutic approach to Hatha yoga, this class emphasizes joint mobility and stability movements to support whole body strength and proper alignment. Basic postures, breath work (pranayama) and meditation techniques will be introduced.

Yoga Sculpt

A fitness-based approach to yoga, this vinyasa style class includes hand weights and other props to add an extra element of strength training to your practice. This total body workout will tone and sculpt all major muscle groups while keeping a focus on mindful breathing and safe form.

Tai Chi

Tai chi is a series of slow, gentle standing postures, or forms. Each form flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as moving meditation, as it promotes peace and calm through movement and breathwork, connecting the mind and body.

Guided Meditation

This 15-minute class will help you connect with your breath, release tension, focus your attention and be more present as your instructor leads you through a guided meditation practice.

Candlelight Flow

This calming vinyasa class is intended to relax yet energize the body and mind in a cozy and comfortable space. There is a strong focus on the warm-up and cool down periods of class, tied together by an invigorating sequence of creative and intelligent sun salutations. The class focuses on mindful breath-based movement throughout the flow.

Restorative Yoga

This nourishing class is intended to heal and reset the mind and body with a series of only a handful of passive, gentle poses. Students will use props including blocks, blankets, bolsters and straps to support the body in the asanas to provide a safe and supportive environment to allow for the mind and body to surrender.

Yin

Yin Yoga focuses more on the connective tissues than the muscles. This 60-minute class consists of deep holds to increase flexibility and circulation and renew the body's flow of energy along the meridians, promoting deep relaxation and recovery.

Yin/Nidra

This 75-minute class begins with yin yoga, a series of passive, longer-held postures to nourish the connective tissues within the body and prepare the body and mind for the stillness. Yoga Nidra is a guided meditation practice often referred to as yogic sleep. Students enter a state between sleep and wakefulness, intended to offer deep rest.

Mindful Movement

This is a gentle somatic yoga class designed to help you decompress and reconnect with your body. Class focuses on breath-based practices and meditative movements to promote relaxation and awareness. Through mindful exploration of postures and flowing sequences, you'll release tension, enhance flexibility, and cultivate a sense of inner peace. Slow down, breathe deeply and embrace the present moment. All levels welcome.