

Yoga Classes at Good Bodies

Vinyasa Yoga

Vinyasa-style yoga combines a series of flowing postures with rhythmic breathing for an intense body-mind workout. Vinyasa is exercise that develops strength and flexibility while keeping students on the move. Yoga is a wonderful cross-training tool to continue building strength in ways that traditional exercise cannot. Appropriate for beginner to advanced level participants.

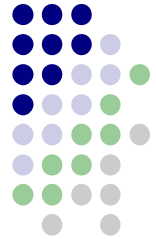
Yin Yoga

This class reaches deep within the body beyond the muscles into the connective tissues surrounding the joints. If you sit for long periods during your work week, this class may be for you. The soothing and well-supported poses target the hips, pelvis and lower spine and are held for several minutes letting the body and mind release stiffness, stress and tension.

Power Yoga

Based on the Ashtanga yoga practice, Power Yoga places emphasis on strength and flexibility. The breath and sequence of postures are the foundation for this vigorous, demanding practice which will help to build stamina and detoxify the body. Challenge your body and mind and find the true power of yoga.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Power Yoga 6pm Lisa	2	3 Vinyasa 9am Constance
4 Happy 4th of July!	5	6 Vinyasa/Yin 6-7:30pm Angela	7 No Class! See you next week!	8 Power Yoga 6pm Lisa	9	10 Vinyasa 9am Angela
11	12	13 Vinyasa/Yin 6-7:30pm Angela	14 Vinyasa 9am Constance	15 Power Yoga 6pm Lisa	16	17 Vinyasa 9am Angela
18	19	20 Vinyasa/Yin 6-7:30pm Angela	21 Vinyasa 9am Constance	22 Power Yoga 6pm Lisa	23	24 Vinyasa 9am Constance
25	26	27 Vinyasa/Yin 6-7:30pm Angela	28 Vinyasa 9am Constance	29 Power Yoga 6pm Lisa	30	31 Vinyasa 9am Constance



Class Fees: Member Non-Member
 Single Class \$12 \$15
 Ten Class Pass \$100 \$120
Your first class is complimentary at Good Bodies!
www.goodbodiesfitness.com