

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.

First Fridays

Once a month, end the work week with a 90-minute yoga practice that encompasses meditation, vinyasa flow, yin/restorative postures and a rejuvenating savasana. During this monthly class offering, we will explore the quieter side of yoga with yin postures, which are geared toward deeper stretching in the joints and connective tissues. In addition, we will continue with aspects similar to our ongoing weekly classes with a more flowing style of linking yoga postures together to create a consistent rhythm to the practice. This class is appropriate for mixed levels.

MARCH 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|--|---|-------------------------------------|---|---|
|  | 1 | 2 <i>Vinyasa/Yin</i> 6-7:30pm Angela | 3 <i>Vinyasa</i> 9am Constance | 4 <i>Vinyasa</i> 6pm Lisa | 5 First Friday 6:30pm Angela | 6 <i>Vinyasa</i> 9am Constance |
| 7 <i>Vinyasa</i> 4pm Lisa | 8 | 9 <i>Vinyasa/Yin</i> 6-7:30pm Angela | 10 <i>Vinyasa</i> 9am Constance | 11 <i>Vinyasa</i> 6pm Lisa | 12 | 13 <i>Vinyasa</i> 9am Constance |
| 14 <i>Vinyasa</i> 4pm Lisa | 15 | 16 <i>Vinyasa/Yin</i> 6-7:30pm Angela | 17 <i>Vinyasa</i> 9am Constance <i>St. Patrick's Day!</i> | 18 <i>Vinyasa</i> 6pm Lisa | 19 | 20 <i>Vinyasa</i> 9am Constance |
| 21 <i>Vinyasa</i> 4pm Lisa | 22 | 23 <i>Vinyasa/Yin</i> 6-7:30pm Angela | 24 <i>Vinyasa</i> 9am Constance | 25 <i>Vinyasa</i> 6pm Lisa | 26 | 27 <i>Vinyasa</i> 9am Constance |
| 28 <i>Vinyasa</i> 4pm Lisa | 29 | 30 <i>Vinyasa/Yin</i> 6-7:30pm Angela | 31 <i>Vinyasa</i> 9am Constance | | |  |



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| Class Fees: | Member | Non-Member |
| Single Class | \$12 | \$15 |
| Ten Class Pass | \$100 | \$120 |