



Start Date: January 5th, 2025  
No classes February 16<sup>th</sup>, April 3<sup>rd</sup> and May 18<sup>th</sup>, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNINGS (AM)</b>					
6:15 – 7:00 <b>TRACY M.</b> Rise & Shine Vinyasa Yoga		6:15 – 7:00 <b>TRACY M.</b> Rise & Shine Vinyasa Yoga			
<b>LUNCH TIME (AM/PM)</b>					
	11:10 – 11:55 <b>LANA</b> Strength & Stretch	11:05 – 11:45 <b>BRENDA</b> Performance Recovery	11:05 – 11:50 <b>KATE M.</b> Rollllllax!	11:05 – 11:35 <b>KATE M.</b> SPICY FRIDAY FLOW	
12:00 – 12:30 <b>KATE M.</b> SPICY MONDAY FLOW	12:10 – 12:40 <b>LANA</b> Strength & Stretch EXPRESS	12:00 – 12:45 <b>KATE M.</b> Hips'n Hammies Yoga	12:05 – 12:35 <b>KATE M.</b> YOGA EXPRESS		11:15 – 12:00 <b>TRACY M.</b> Yoga for ALL Levels
12:35 – 12:50 <b>KATE M.</b> 15MIN. EXPRESS Roll & Release Starts Nov.17/25	12:45 – 1:15 <b>LANA</b> YOGA EXPRESS				
<b>EVENINGS (PM)</b>					
5:00 – 5:45 <b>TRACY M.</b> Yoga Core and Restore		5:00 – 5:45 <b>LANA</b> Yoga Sculpt	5:00 – 5:45 <b>TRACY M.</b> Assisted Stretch (PNF) MAXIMUM 5 PARTICIPANTS		



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# LOTUS STUDIO

## *Rise & Shine Vinyasa Yoga*

Wake up on your mat! Ground yourself in movement, connect with your breath, and surrender to all that is. A mindful flow and deep relaxation come together to bring you balance and ease.

## *SPICY MONDAY FLOW*

In just 30 minutes, you can wake up your mind and body, find balance, and flow it out within this short, but spicy, Monday flow class. Don't underestimate it just based on time! This class is fast paced but suitable for all levels.

## *15 MIN EXPRESS Roll & Release (Starting Nov. 17th)*

A quick 15-minute session using foam rolling techniques to release tight muscles, improve mobility, and speed up recovery. Perfect for warming up, cooling down, or taking a movement break in your day.

## *Yoga Core and Restore*

Focus on developing the core muscles (abdominals, back and hips) as we as improve joint mobility and overall flexibility.

## *Strength & Stretch*

A full body class that will target every muscle group while maintaining proper posture and technique combined with floor work and a complete body stretch.

## *Strength & Stretch EXPRESS*

A full body class that will target every muscle group while maintaining proper posture and technique combined with floor work and a complete body stretch. ALL IN 30 MINS.!!

## *YOGA EXPRESS*

Ideal for all levels of experience and perfect for those working with a limited time schedule or just wanting to get in a quick movement over lunch break. Even though we only spend 30 minutes on this practice, we will hit a wide variety of poses from hip opening, to balancing, to twists... and we won't forget about a little savasana!

## *Performance Recovery*

Use a variety of mobility exercises, fascia release techniques and stretching to help your body perform like it should. Regain range of motion and reduce pain in tight and over-used muscles.

## *Hips'nHammies*

This is an all levels yoga class that will stitch poses together to flow with each other with an emphasis on unwinding those tight office hips and hamstrings. The goal of this class is to leave you feeling better than when you walked into class, and whether you are brand new to yoga or not, there is something for everybody.

## *Assisted Stretch (PNF)*

Proprioceptive neuromuscular facilitation (PNF) is a stretching technique utilized to increase range of motion (ROM) and flexibility. PNF increases ROM by increasing the length of the muscle and increasing neuromuscular efficiency. PNF / Assisted Stretching has been found to increase ROM in trained, as well as untrained, individuals.

## *ROLLLAH! Foam Rolling*

This class is a combination of foam rolling and static stretching. The main benefits of foam rolling also known as self-myofascial release include improved circulation, reduced inflammation and the release of the overactive muscles of the body. This class will leave you with a deep sense of relaxation and release.

## *SPICY FRIDAY FLOW*

In just 30 minutes, you can wake up your mind and body, find balance, and flow it out within this short, but spicy, Friday Flow class. Don't underestimate it just based on time! This class is fast paced but suitable for all levels.

## *Yoga for ALL Levels*

An amazing end of the week class to deal with sore, tight muscles and stiff joints. It is a recovery class to help rejuvenate the participant for the new week.

