LOTUS CLASS SCHEDULE

FALL SCHEDULE

START DATE:
Sept. 8 until Dec. 23

NO CLASSES:
Oct.12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNINGS (AM)					
6:15 – 7:00 TRACY M. Sunrise Yoga		6:15 – 7:00 TRACY M. Sunrise Yoga			
		7:05 – 7:35 TRACY M. Core & Balance EXPRESS			
LUNCH TIME (AM/PM)					
	10:30– 11:00 LANA Stretch & Strength EXPRESS	10:20– 11:05 LANA Power Sculpt			
12:00 – 12:30 KATE M. SPICY MONDAY FLOW	11:10– 11:55 LANA Strength & Stretch	11:15 – 11:55 BRENDA Core & Restore	11:10 – 11:40 KATE M. Power Yoga EXPRESS	11:05 – 11:35 KATE M. SPICY FRIDAY FLOW	11:15 – 12:00 TRACY M. ALL Levels Flow Yoga
12:35 – 12:50 KATE M. Stretch & Reset EXPRESS (15min.)	12:10 – 12:40 LANA Yogalates EXPRESS	12:10 – 12:55 KATE M. Hips'n Hammies Yoga	12:05 -12:35 KATE M. Sculpt Lab EXPRESS		12:05-12:35 TRACY M. Core & Balance EXPRESS
Evenings (PM)					
			4:25- 4:55 TRACY M. Core & Balance EXPRESS		
5:00 - 5:45 TRACY M. Core & Restore Yoga			5:00pm - 5:45 TRACY M. Hands-on Assisted Yoga		

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CLASS DESCRIPTIONS

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.

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.

Hips'n Hammies
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.

Power Yoga EXPRESS
A strong, energizing 30-minute yoga flow designed to build strength, improve flexibility, and get you moving! This express class combines dynamic poses, flowing sequences, balance, and core work for an efficient full-body practice. Modifications and progressions are offered throughout, making it suitable for all levels. Come ready to move, breathe, and leave feeling stronger and refreshed!

YogaLATES EXPRESS
A 30-minute fusion of yoga and Pilates-inspired movement combining flowing sequences, core strengthening, balance and mobility. A quick, effective class designed to strengthen, stretch and leave you feeling energized.

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.!!

Power Sculpt
A dynamic full-body workout combining weights, yoga, barre and core training. Build strength, improve balance and challenge your muscles through a mix of controlled strength work, functional movement and powerful sculpting sequences. Expect variety, energy and a head-to-toe burn!

Core & Restore
Create a strong, stable core while improving mobility and decreasing strain in your body. This class will incorporate Pilates-based core movements, mobility training and facial release techniques to improve your sport, and your daily life.

Stretch & Reset EXPRESS
A quick 15-minute reset designed to release tension, improve mobility and leave you feeling reset for the rest of your day. Each class is different and may incorporate stretching, mobility work, foam rollers, massage balls and other recovery techniques. Perfect before or after a workout OR anytime your body needs a reset.

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.

Sunrise Yoga
Start your day feeling refreshed, strong, and balanced. This welcoming all-levels class combines effective stretches, full-body strength, core stability, and balance work in a friendly, supportive environment. An excellent way to wake up your body, clear your mind, and start the day feeling healthy and amazing.

Yoga Core and Restore
Strengthen your core, improve balance and stability, and build functional strength through purposeful yoga-based movement. Finish with target stretching and restorative poses to release tension, support recovery, and leave you feeling strong and recharged.

Hands-on Assisted Yoga
A movement focused yoga class in which hands-on assisting and personalized adjustments are offered. Refine your alignment, deepen your practice, and build greater awareness and confidence in with supportive, individualized guidance.

ALL Levels Flow Yoga
A balanced class offering smooth sequenced postures in a slow flow including poses that have focus on core strength, enhancing range of motion, and develop better standing balance. Lots of variations of poses offered to satisfy all levels of ability and experience.

Core & Balance EXPRESS
A yoga express class with focus on core strength and balance with fun and enriching yoga flow. Build stability, improve body awareness, and strengthen your practice in just 30 minutes!