



CURRENT WEEKLY SCHEDULE: Spring 2024

*In-Studio Classes are limited to 10-12 students,
so Pre-Registration via our MindBody App is required!*

For more information, please visit our website: www.countryflowyoga.com

Day	Class / Time
Sunday	9:00 - 10:00am: Vinyasa Flow w/ Luba 10:30 - 11:30am: *Aerial Yoga (mixed level) with Cindy/ Melissa <i>*on select Sundays (check MindBody for updates)</i>
Monday	10:00am - 11:00am: Mindful Flow w/ Helen 6:15 - 7:15pm: Vinyasa Flow Yoga w/ Michele 7:30-8:30pm: Restorative Therapeutic Yoga w/ Patty
Tuesday	7:30-8:30am: *Rise, Shine & Align Yoga w/ Karen <i>*new class!</i> 9:00- 10:15am: Hot Yoga w/ Michele 7:00 - 8:00pm: Warm Yoga Happy Hour w/ Luba
Wednesday	9:00-10:15am: Yoga Fusion w/ Michele 5:30- 6:30pm -*Gentle Restorative Yoga w/ Melissa <i>*new class!</i> 7:00 - 8:00pm: Aerial Yoga Flow w/ Melissa
Thursday	7:00-8:00am: Rise & Shine Yoga w/ Michelle 9:00-10:15am: Vinyasa Flow Yoga w/ Michele 5:30- 6:30pm: Yoga Fusion w/ Michele 7:00- 8:00pm: *Hot Yoga w/ Melissa <i>*new day/time!</i>
Friday	9:00-10:15am: Yoga Fusion w/ Michele
Saturday	8:00 - 8:45am -Barre Express w/ Melissa <i>*new class !</i> 9:00-10:15am: HOT-tha Yoga w/ Melissa <i>For Weekend Workshops & MORE, check MindBody and our Facebook Events pages!</i>

*Private Parties & Custom Classes are available! Follow us on Facebook & Instagram for updates!
Check our Website / Social Media for our current Sunday Workshops & Pop-Up Classes!*

CLASS DESCRIPTIONS:

- Hatha Yoga-** Work on various asanas (hatha yoga poses) with the integration of alignment and pranayama.
- Vinyasa Yoga/ Mindful Flow** –Vinyasa Yoga that connects one asana to another, unifying the breath and movement.
- Aerial Yoga/ Aerial Flow:** Hatha and Vinyasa yoga, supported by a soft hammock, allowing for -greater exploration and play within the poses. ****Please dress and prepare accordingly. Visit our website for details!***
- Restorative Therapeutic Yoga-** Soothing, gentle, well-supported poses that allow for rest, release and recovery.
- Yoga Fusion** - Yoga fused with the ballet barre, pilates ball, weights or bands for a zen workout.
- Hot Yoga-** A series of traditional yoga postures in a room heated around 90 degrees, with a focus on alignment and building endurance through the holding of yoga poses.
- Heated Vinyasa/ Warm Flow:** Move and groove through gentle Vinyasa sequences in a room that is heated with far infrared heat to approximately 80 degrees.
- Barre Express:** A low impact, dynamic workout that combines elements of ballet, yoga, pilates, and strength training and focuses on toning, stretching, lengthening, and strengthening the entire body.

****PLEASE NOTE: *All classes are mixed level. Our instructors will adjust class to meet their students' needs. *Classes are also subject to occasional cancellation or change. *BEGINNERS: * Please arrive at class at least 5- 10 minutes early and inform your instructor if you are new to yoga. Please also read our studio and class policies page before coming to class. We will always do our best to help you have the best experience possible! NAMASTE.***