

Rosemont Health & Fitness

YOGA PROGRAM



Date/Time	Instructor	Style
Monday 10:15am 11:15am <i>New class!</i> 7:30pm	<i>New Instructors!</i> Kristina Kristina Sue C.	Gentle Yoga (45 mins) Vinyasa Yoga (45 mins) Glow Yoga (60 mins)
Tuesday 6:00am	Rose	Vinyasa Yoga (45 mins)
Wednesday 10:15am 11:15am 5:15pm	<i>New Instructor!</i> Kristina Kristina Rose	Gentle Yoga (45 mins) Vinyasa Yoga (45 mins) Vinyasa Yoga (60 mins)
<i>New time!</i> 6:15am 10:30am 11:15am	Rose Rose Rose	Vinyasa Yoga (45 mins) Chair Yoga (30 mins) Vinyasa Yoga (45 mins)
Friday 9:15am	Stephanie	Vinyasa Yoga (45 mins)

Class Descriptions

Vinyasa Yoga – Vinyasa Yoga focuses on the breath while moving through a series of postures. Some postures may be held for longer periods of time—uniting the body, breath, and mind.

Gentle Yoga – Relaxing and gentle yoga poses while focusing on breath and stress relief. A great class for anyone who needs to slow down, stretch and quiet their minds. All ages/levels are welcome to join this class!

Chair Yoga – Simple yoga moves while sitting or may stand using the chair for support.

Glow Yoga – Bring peace and calm to the end of your day in this “all-levels”, candlelit yoga class. All levels.

Effective February 4, 2019