

ATHLETEX *Yoga*

Fall 2025 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6a Sunrise Flow Coach: Diane		6a Sunrise Flow Coach: Diane		8a Community Warm Vinyasa Coach: Ronni (Open to anyone with local ID)
7a Sunrise Flow Coach: Nicole		7a Sunrise Flow Coach: Nicole		7a Sunrise Flow Coach: Nicole	10:15a Community Mobility Yoga Coach: Nicole (Open to anyone with local ID)
	8a Mat Pilates Coach: Ronni		8a Mat Pilates Coach: Ronni		
9:30a Asana HIIT Coach: Ali	9:30a Mobility Yoga Coach: Nicole	9:00a or 9:30a Pilates Coach: Peyton	9:30a Mobility Yoga Coach: Nicole	9:30a Asana HIIT Coach: Ali	Sunday
				11a Community Breathwork/Sound Coach: Ali & Ronni (Open to anyone with local ID)	
5:15p *EXPRESS45 Mat Pilates Coach: Ronni	5:30p Power Vinyasa Coach: Nicole	5:00p Power Vinyasa Coach: Ronni	5:30p Power Vinyasa Coach: Nicole		
6:30p Intuitive Yoga Coach: Samantha	7:00p - 9:00pm Intro to Capoeira Coach: Shahid	6:30p Community Breathwork + Sound Coach: Samantha			

ATHLETEX *Yoga*

Fall 2025 SCHEDULE

Asana HIIT: Full body *High Intensity Interval Training* is our version of a power yoga, sculpt, and a pilates class. It combines vinyasa flow, resistance and cardio interval training. Think traditional yoga postures that incorporate weights to intensify each asana. We start with breath, then move into movement and end with a little savasana love. This class is meant to help start your day right by invigorating the mind and body.

Mat Pilates: This class is a one hour workout anchored in physiotherapy methodology. You will experience small movements and optimal spinal alignment, which will not only help keep you safe but also help aligning your body back to its natural form. The results? Less aches and pains, more muscle tone in the legs, stomach, arms and butt. May even help you get better sleep! All levels welcome.

Power Yoga: A dynamic and invigorating *HEATED* class that blends strength, flexibility, and breath-driven movement. Designed to challenge and energize, this class incorporates strong, flowing sequences, bodyweight resistance, and deep stretches to build endurance, mobility, and balance. Expect a medium-fast paced, full-body workout that will leave you feeling empowered, strong, and deeply connected to your breath. You'll build heat, enhance strength, and increase stamina as you flow through sequences that challenge your balance, stability, and flexibility. This class is designed for those who want to sweat, build muscle, and leave feeling empowered and energized. Modifications are offered for all levels, making this class accessible yet challenging for those looking to push their practice to the next level. Come ready to move, sweat, and unlock your full potential on the mat!

(Hot) Vinyasa Yoga: Unwind, stretch, and flow in this smooth, intermediate-paced Vinyasa class designed to deepen your flexibility while linking breath with movement. Whether you're seeking to increase your range of motion or find a sense of calm through movement, this class offers a well-rounded sequence of asanas that gently guide you through a flowing practice. With an emphasis on fluid transitions and controlled breath, you'll explore postures that open up your hips, shoulders, and spine, promoting relaxation and mindful connection to your body. This class is perfect for those looking to build a strong foundation in their practice while allowing space for flexibility, ease, and breathwork.

Mobility Yoga: A slow-paced yoga class designed to improve flexibility and joint mobility through longer-held, accessible poses. Focusing on increasing range of motion in areas like the hips, shoulders, and spine, this class is suitable for all body types and ages. With mindful movement and variations for all levels, you'll gradually release tightness, enhance posture, and build fluidity in your body. Perfect for those looking for a gentle, restorative practice that promotes joint health and overall mobility.

Sunrise Yoga: This is the perfect practice for anyone looking to dip their toes into yoga or find a deep mind body connection. A mellow practice that mimics all the goodness and fluidity of our Traditional Vinyasa class, but at a slower, more intentional pace. The class will be guided beginning to end with a focus on proper alignment and form. This pace is meditative, emphasizing peace and calm in the body and mind.

Breath & Sound: In this class, we begin with guided breathwork designed to center your mind, release tension, and activate your body's natural healing energy. Then we transition into a sound bath, where the healing vibrations of steel handpans, gongs, and other therapeutic instruments wash over you. This class helps to quiet the mind, relieve stress, and promote emotional balance. This session is designed to nurture both your body and spirit, allowing you to leave feeling restored, calm, and connected. Whether you're looking for relaxation, emotional release, or spiritual rejuvenation, this class offers a powerful path to inner peace and healing.

ATHLETEX *Yoga*
Fall 2025 SCHEDULE