

ATHLETEX *Yoga*

APRIL YOGA/PILATES 2025 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7a Sunrise Flow Coach: Nicole		7a Sunrise Flow Coach: Nicole		7a Sunrise Flow Coach: Nicole	9am Community Hot Vinyasa Coach: Ronni
	8a Mat Pilates Coach: Oria 830am CORE30 Coach: Oria		8a Mat Pilates Coach: Oria 830am CORE30 Coach: Oria		10:15a Community Mobility Yoga Coach: Nicole <small>(Open to anyone with local ID)</small>
9:30a Asana HIIT Coach: Ali	930a Mobility Yoga Coach: Nicole	930a Asana HIIT Coach: Oria	930a Mobility Yoga Coach: Nicole	9:30a Asana HIIT Coach: Ali	
				11a Community Breathwork/Sound Coach: Ali <small>(Open to anyone with local ID)</small>	Sunday
4p Yoga Basics Coach: Josh		4p Yoga Basics Coach: Josh		April 4, 18, 25 5:30pm Capoeira Coach: Shahid	
5:30p Power Yoga Coach: Holly	5:30p Power Yoga Coach: Nicole	5:30p Power Yoga Coach: Nicole	5:30p Power Yoga Coach: Nicole	5:30p 4/11 Full Moon Flow w/ Yoga Team	10a Hot Vinyasa Coach: Holly <small>(Open to anyone with local ID)</small>
6:45p Sunset Flow Coach: Nicole	6:45p Yang to Yin Coach: Ronni	6:45p Community Yin + Breathwork + Sound Healing Coach: Ronni & Yoga Team	6:45p Yang to Yin Coach: Ronni		6p Warm Slow Flow Coach: Corinne <small>(Open to anyone with local ID)</small>

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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.

CORE30: A 30-minute class designed to strengthen and sculpt your abs, obliques, and lower back. This class is all about functional movements that challenge your stability and improve posture, balance, and overall core strength. Expect a variety of exercises that target every muscle in your core, from crunches and planks to leg raises and rotational movements, all set to an energizing playlist. Whether you're a beginner or seasoned pro, this class will leave you feeling the burn, toned, and ready for more. No equipment needed—just your body and determination!

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.

Yoga Basics: Whether you're brand new to yoga or looking to refine the basics, this class will guide you through essential postures (asanas), breathwork (pranayama), and mindfulness techniques. Expect a slow and intentional pace with clear alignment cues, modifications to suit all bodies, and a welcoming space to cultivate strength, flexibility, and inner awareness. This class is perfect for anyone looking to develop confidence, improve mobility, and gain a deeper understanding of yoga's principles. No experience necessary—just an open mind and a willingness to move, breathe, and explore!

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Sunrise/Sunset Flow 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.

Yang to Yin Yoga: Vinyasa to Yin, movement to stillness, is an internal study of movement and stillness, intensity and ease. In this class you will balance the slow pace and cool elements of Yin yoga with the traditional fire and flow elements of Yang yoga. With 30 minutes of movement paired with 30 minutes of deep holds. This experience will leave you feeling grounded, open and at ease.

Yin Yoga: a deeply meditative practice where poses are held for 3-5 minutes to gently stress and nourish the fascia and connective tissues. Using gravity and breath, this class invites you to find stillness while increasing flexibility, joint mobility, and energetic flow. With a focus on longer-held postures and mindful awareness, Yin Yoga offers a space to unwind tension, quiet the mind, and cultivate inner balance. Props and modifications are encouraged to support your body in each shape, making this practice accessible to all. Come as you are and allow yourself to melt into the moment.

Breath & Sound: Immerse yourself in a deeply transformative experience where breathwork meets the soothing power of sound healing. In this class, we begin with guided breathwork techniques designed to center your mind, release tension, and activate your body's natural healing energy. As your breath deepens and tempo settles, we transition into a blissful sound bath, where the healing vibrations of crystal singing bowls, gongs, and other therapeutic instruments wash over you. The combined effects of conscious breathing and resonant sound frequencies help 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.