



Fall Class Schedule

Sept. 11- Dec. 22, 2017

To Register:
 info@harmonytreestudio.com
 204.823-4295
 www.harmonytreestudio.com

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|--------|
| | 9:00 am Total Body Toning Amanda | | 9:00 am Core Conditioning Amanda | | 9:30 am Fit Flow Yoga Grace | |
| | | | | 11:00 am Restorative Yoga *75 minutes Sheena | | |
| 5:15 pm Pre-Natal Yoga 5 week term Starts Nov. 6 Sheena | | 1:30 pm Mom & Baby Yogalates 5 week term Starts Nov. 1 Sheena | 5:15 pm Hatha Yoga Sheena | | | |
| 6:30 pm Pilates Sheena | 6:30 pm Power Pilates Sheena | 4:30 pm Beginner Pilates 5 week term Starts Oct. 11 Paula | 6:30 pm ABC Sheena | 1:30 pm Restorative Pilates Sheena | <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Prices</p> <p>Drop in- \$15</p> <p>5 Class Pass- \$60</p> <p>10 Class Pass- \$110</p> <p>Unlimited Month Pass- \$125</p> <p>Class Passes are for any classes (excluding enrollments) and expire six months from date of purchase.</p> <p>Enrollment Class Passes can only be used for the class and term for which they are purchased.</p> </div> | |
| 7:30 pm Yin Yoga Sheena | 7:30 pm Hatha Yoga Joelle | 6:45 pm Form + Flow Brooke | 7:30 pm Mindful Mediation 5 week term Starts Nov. 16 Daphne | | | |
| 8:30 pm Yoga Nidra Jodi | 8:30 pm Belly Dance Fundamentals Joelle | 8:00 pm Nourish Brooke | 8:30 pm Ashtanga Yoga Sheena | | | |

Class Descriptions

| Yoga for Beginners | Meditation & Yoga for relaxation | Yoga for those with Experience | Pre & Post Natal Classes | Pilates | Toning & Belly Dance |
|--|--|--|---|---|---|
| <p>BEGINNER YOGA: Ideal for anyone looking to better understand props and alignment for safe and effective postures.</p> <p>HATHA YOGA: A gentle yoga system of physical exercises and breathing control. This class includes standing, sitting and reclined poses. This class is appropriate for those who have never done yoga before.</p> <p>NOURISH (Previously Slow Flow): Slow down and nourish yourself with mindful movement, accessible to all levels. With a focus on creating healthy alignment habits, playing with variety and diversity of movement, active stretching and gentle strength building, this class is designed to restore and refresh!</p> | <p>MINDFULNESS MEDITATION Learn different types of meditation to enhance your awareness skills. Living in the moment helps to manage our lives from a balanced place. Regular, kind and gentle practice helps us to come to know ourselves in a new way, for all levels.</p> <p>RESTORATIVE YOGA: Find relief in long, effortless positioning designed to allow your body to release tension. Students of every level benefit from the calming, meditative focus this class provides.</p> <p>YIN YOGA: Long held poses that challenge the body and the mind while promoting a deeper sense of strength and flexibility.</p> <p>YOGA NIDRA: Literally means yoga sleep. This class is ideal for anyone suffering stress or who is not ready to participate in a more physically active class. It includes gentle yoga poses to prepare the body and mind for deep meditation.</p> | <p>ASHTANGA YOGA: This class will follow the original Primary Series. Some yoga knowledge will be an asset for this class.</p> <p>FIT FLOW YOGA: A sequenced based Hatha yoga class that improves flexibility, strength and self-awareness.</p> <p>FORM + FLOW (Previously VINYASA YOGA): Move your body, still that busy mind and feel good! This class offers a combination of alignment instruction, movement exploration, pose deconstruction and dynamic sequencing. Challenge yourself, get your blood flowing, develop increased strength, stability, balance, mobility and flexibility in a mindful atmosphere.</p> | <p>MOM & BABY YOGALATES: Perfect for the new mom as this class will tone your whole body. It is also a great time to bond with your child as your tot (12 months or younger) may participate.</p> <p>PRENATAL YOGA: This gentle class will help mothers-to-be relieve sore muscles & mentally relax. Poses will be modified thorough out the pregnancy to ensure safety and comfort.</p> <p>MOM & BABY STROLLER FIT: Enjoy the company of other mom's as you enjoy this interval based power walking class. The class will always meet at Harmony Tree Studio and walk to a new park. This class includes cardio, strength training and flexibility for full body benefits. Children and babies in strollers can attend.</p> | <p>BEGINNER PILATES: This gentle class focuses on proper alignment and body awareness. This class is open to anyone who wants to learn more about the Pilates method.</p> <p>PILATES: With a focus on neutral alignment including pelvic and shoulder girdle stabilization. This class improves core stability, relieve tension and help create long, lean muscle mass.</p> <p>POWER PILATES: Burn lots of calories with this interval based class. It is a full body workout that uses Pilates small equipment to challenge your core, arms and legs.</p> <p>RESTORATIVE PILATES: This gentle class will focus on body awareness and proper alignment. This class is great for seniors and those with chronic ailments such as back pain, arthritis, or fibromyalgia. Focusing on mobility, flexibility and strength through a full range of motion helps restore the injured tissues to a healthy state.</p> <p>YOGALATES: A combination class of classic Pilates exercises and gentle yoga stretches. This class will leave you stronger and more flexible.</p> | <p>ABC: This resistance training class includes traditional calisthenics and body weight exercises which target arms, butts and core muscles.</p> <p>BELLY DANCE FUNDAMENTALS: A gentle entry into the world of dance modeled after middle eastern style or belly dance. The class covers all the fundamental movements. No previous dance experience required, perfect for those who consider themselves inactive or "out of shape" as the dance is low impact.</p> <p>CORE CONDITIONING: This class targets your deepest core muscles to improve posture, overall strength and stability.</p> <p>TOTAL BODY TONING: Using small equipment to work both your large and small muscles for full body toning.</p> |

