




# Spring Class Schedule

Apr. 2- Jun. 24, 2017

To Register:  
 info@harmonytreestudio.com  
 204.822.9943  
 www.harmonytreestudio.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Total Body Toning Amanda		6:15 am Fit Flow Yoga Joelle	9:00 am Core Conditioning Amanda	9:30 am Fit Flow Yoga Joelle	7:30 am Ashtanga Yoga <b>Starts Apr. 15</b> Sheena
10:30 am Mom & Baby Fitness *6 week enrollment <b>Starts Apr. 3</b> Amanda		10:30 am Stroller Fit *6 week enrollment <b>Starts May 3</b> Sheena		10 am Pilates <b>Starts Apr. 14</b> Sheena	9:30 am Hatha Yoga Grace/Sheena
4:30 pm Core Conditioning Amanda	5:15 pm Prenatal Fitness Amanda			11 am Restorative Yoga *75 minutes Sheena	10:30 am Karma Yoga (First Saturday each month)
5:30 pm Run/Core/Stretch <b>NEW!</b>	6:00 pm Total Body Toning Amanda		5:30 pm Fit Flow Yoga Sheena		
6:30 pm Belly Dance Choreography Joelle	7:15 pm Restorative Yoga *75 minutes Sheena	6:00 pm Mindful Meditation *6 week enrollment <b>Starts Apr. 12</b> Daphne	6:30 pm Power Pilates Sheena	<b>2 WEEKS UNLIMITED INTRO OFFER \$25</b>	
7:45 pm Yin Yoga Sheena	7:15 pm Hatha Yoga Angela	7:15pm Vinyasa Yoga Brooke	7:30 pm Beginner Yoga <b>Starts Apr. 13</b> Sheena		
	8:30 pm Belly Dance 101 Joelle	8:30pm Slow Flow Brooke	8:30pm Ashtanga Yoga Brooke		

# Class Descriptions

<b>Yoga Best for Beginners</b>	<b>Yoga For those with Experience</b>	<b>Belly Dance</b>	<b>Pre &amp; Post Natal</b>	<b>Pilates &amp; Toning</b>
<p><b>BEGINNER YOGA:</b> Ideal for anyone looking to better understand props and alignment for safe and effective postures.</p> <p><b>HATHA YOGA:</b> 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><b>RESTORATIVE YOGA:</b> 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><b>SLOW FLOW YOGA:</b> End your day well. Breathe, calm your mind, and move your body with this gentle, flowing yoga practice appropriate for all levels.</p> <p><b>YIN YOGA:</b> Long held poses that challenge the body and the mind while promoting a deeper sense of strength and flexibility.</p> <p><b>MINDFULNESS MEDITATION</b> 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><b>ASHTANGA YOGA:</b> This class will follow the original Primary Series. Some yoga knowledge will be an asset for this class.</p> <p><b>FIT FLOW YOGA:</b> A sequenced based Hatha yoga class that improves flexibility, strength and self-awareness.</p> <p><b>VINYASA YOGA:</b> A flowing dynamic form of yoga that links postures with breath in a sequence. This class is more challenging and some yoga knowledge would be an asset.</p>	<p><b>BELLY DANCE 101:</b> A gentle entry into the world of dance modeled after middle eastern style or belly dance. The class will be taught in an active style- so be prepared to sweat. No previous dance experience required, perfect for those who consider themselves inactive or “out of shape” as the dance is low impact.</p> <p><b>BELLY DANCE CHOREOGRAPHY:</b> 10 weeks of fast paced classes. Students will learn a dance that they will perform in a small “hafla” or recital. Dedication is required to participate in this class as each person affects the choreography. 10 weeks of Belly dance 101 is a pre-requisite.</p> 	<p><b>MOM &amp; BABY FITNESS:</b> 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><b>PRENATAL FITNESS:</b> This gentle class will help mothers-to-be relieve sore muscles &amp; mentally relax. Exercises will be modified thorough out the pregnancy to ensure safety and comfort.</p> <p><b>MOM &amp; BABY STROLLER FIT:</b> 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><b>PILATES:</b> 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><b>POWER PILATES:</b> 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><b>TOTAL BODY TONING:</b> Using small equipment to work both your large and small muscles for full body toning.</p> <p><b>CORE CONDITIONING:</b> This targets your deepest core muscles to improve posture, overall strength and stability.</p> <p><b>RUN/CORE/STRETCH:</b> An intro to running class that will build to a 5km distance. This class also includes core conditioning and running specific stretches to help reduce muscles soreness.</p>

## Prices

Drop in- \$15   5 Class Pass- \$60   10 Class Pass- \$110   20 Class Pass- \$200

Regular Class Passes are for any classes (excluding enrollments) and expire six months from date of purchase.

Enrollment Class Passes can only be used for the class and term for which they are purchased.