



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 Sheena			9:00 am Core Conditioning Amanda		7:30 am Ashtanga Yoga Sheena
10:30 am Stroller Fit Starts May 15 Sheena				10 am Pilates Sheena	9:30 am Hatha Yoga Grace/Sheena
			5:30 pm Fit Flow Yoga Sheena	11 am Restorative Yoga *75 minutes Sheena	
	6:00 pm Total Body Toning Sheena		6:30 pm Power Pilates Sheena	<div style="border: 3px double black; padding: 10px;"> <p>2 WEEKS UNLIMITED INTRO OFFER \$25</p> </div>	
6:30 pm Power Pilates Sheena	7:15 pm Yogalates Sheena	7:15pm Vinyasa Yoga Brooke	7:30 pm Beginner Yoga Sheena		
7:45 pm Yin Yoga Sheena	7:15 pm Hatha Yoga Angela	8:30pm Slow Flow Brooke	8:30pm Ashtanga Yoga Sheena		

Class Descriptions

<p style="text-align: center;">Yoga Best for Beginners</p>	<p style="text-align: center;">Yoga For those with Experience</p>	<p style="text-align: center;">Pre & Post Natal</p>	<p style="text-align: center;">Pilates & Toning</p>
<p><u>BEGINNER YOGA:</u> Ideal for anyone looking to better understand props and alignment for safe and effective postures.</p> <p><u>HATHA YOGA:</u> 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><u>RESTORATIVE YOGA:</u> 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><u>SLOW FLOW YOGA:</u> End your day well. Breathe, calm your mind, and move your body with this gentle, flowing yoga practice appropriate for all levels.</p> <p><u>YIN YOGA:</u> Long held poses that challenge the body and the mind while promoting a deeper sense of strength and flexibility.</p>	<p><u>ASHTANGA YOGA:</u> This class will follow the original Primary Series. Some yoga knowledge will be an asset for this class.</p> <p><u>FIT FLOW YOGA:</u> A sequenced based Hatha yoga class that improves flexibility, strength and self-awareness.</p> <p><u>VINYASA YOGA:</u> 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><u>MOM & BABY FITNESS:</u> 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><u>MOM & BABY STROLLER FIT:</u> 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><u>PILATES:</u> 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><u>POWER PILATES:</u> 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><u>TOTAL BODY TONING:</u> Using small equipment to work both your large and small muscles for full body toning.</p> <p><u>CORE CONDITIONING:</u> This targets your deepest core muscles to improve posture, overall strength and stability.</p> <p><u>YOGALATES:</u> A combination class of posture improving Pilates exercises and gentle yoga stretches. This class will leave your stronger and more flexible.</p>

Prices

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

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.