



# Winter Class Schedule

Jan. 2- Mar. 25, 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 <b>Starts Jan. 11</b> Joelle	9:00 am Total Body Toning Amanda	9:30 am Baby Belly *6 week enrollment <b>Starts Jan. 13</b> Joelle	9:30 am Ashtanga Yoga Sheena
10:30 am Mom & Baby Fitness *6 week enrollment <b>Starts Jan. 9</b> Amanda				11 am Restorative Yoga *75 minutes Tawny	10:30 am Karma Yoga (First Saturday each month)
<b>5:30-7:30 pm</b> <b>Self Practice</b>	5:15 pm Prenatal Fitness *5 week special <b>Starts Jan. 10</b> Amanda		<b>5-8 pm</b> <b>Self Practice</b>	<b>12:30-1:30 pm</b> <b>Self practice</b>	
5:15 pm Core Conditioning Amanda	6:00 pm Total Body Toning Amanda	<b>5-8 pm</b> <b>Self Practice</b>	5:30 pm Fit Flow Yoga Sheena		
6:15 pm Beginner Yoga Angela	7:15 pm Restorative Yoga *75 minutes Sheena	6:00 pm Kindfulness Meditation *6 week enrollment <b>Starts Jan. 11</b> Daphne	6:30 pm Power Pilates Sheena		
7:30 pm Yin Yoga Sheena	7:15 pm Hatha Yoga Angela <b>NEW TIME!</b>	7:15pm Vinyasa Yoga Brooke	7:30 pm Restorative Yogalates Sheena		
8:30 pm Belly Dance Choreography & Conditioning *Enrollment Required •90 min. class Joelle	8:30 pm Belly Dance 101 Joelle	8:30pm Slow Flow Brooke	8:30pm Ashtanga Yoga Brooke		

**2 WEEKS UNLIMITED  
INTRO OFFER \$25**

# Class Descriptions

Yoga Best for Beginners	Yoga For those with Experience	Pilates & Toning	Enrollments	Belly Dance
<p><b>BEGINNER YOGA:</b> Ideal for anyone looking to better understand props and alignment for safe and effective postures.</p> <p><b>FIT FLOW YOGA:</b> A sequenced based Hatha yoga class that improves flexibility, strength and self-awareness. This class is appropriate for all skill levels.</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>ASHTANGA YOGA:</b> This class will follow the original Primary Series. Some yoga knowledge will be an asset for this class.</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>RESTORATIVE YOGALATES</b> This class includes a mix of restorative yoga postures and Pilates exercises. This class is great for 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><b>SELF PRACTICE:</b> Do you need a silent place to practice yoga? Come enjoy our downstairs studio during scheduled self-practice time to unroll your mat, stretch and breathe. Yoga knowledge is essential as this is not an instructor guided class.</p>	<p><b>PILATES:</b> With a focus on core stability including pelvic and shoulder girdle stabilization, neutral alignment and breathing this class help restore the natural curves of the spine, 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</p> 	<p><b>KINDFULNESS MEDITATION:</b> A class to explore self compassion and kindness towards ourselves with the support of mindfulness practices.</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>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>BABY BELLY:</b> This baby wearing Bollywood inspired class . Open to mom’s six weeks postpartum and prenatal mom’s too Please wear the appropriate carrier for your child’s size. This fun dance based class will help you bond with your new baby and other new moms.</p>
<p><b>Prices</b> Drop in- \$15 5 Class Pass- \$60 10 Class Pass- \$110 20 Class Pass- \$200 /// Self Practice Drop in- \$5, Monthly - \$25</p>				

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.