



# Fall 2023 In-Studio/Online Schedule

(updated 9/15/23)

## IN-STUDIO WEEKLY CLASS SCHEDULE

**RED IN-STUDIO CLASSES ARE ALSO ONLINE LIVE STREAM**

## PRICES

All class packages are non-refundable/non-transferable

Day	Time	Class	Instructor	Package/Price	
Monday	8:30-9:30AM	Slow Flow Yoga	Tina	<b>NEW CLIENTS (in-studio use only) <sup>1</sup></b> <i>5 Yoga Classes for \$15!</i>	
	10:30-11:30	Gentle Yoga	Tracy		
	12:00-1:00PM	Basic Yoga	Tracy		
	4:00-5:15	Yin Yoga	Sandy	New Student 1-Month Unlimited Pass	\$75
	5:30-6:45	Slow Burn Yoga	Jen	<b>CLASS COUNT PACKAGES (use in-studio and/or online) <sup>2</sup></b>	
	7:00-8:00PM	Basic Yoga	Jill	Single Yoga Class	\$20
Tuesday	8:30-9:45AM	Slow Flow Yoga	Jill	Single Chair Yoga Class	\$5
	10:00-11:00	Basic Yoga	Jill	3-Class Pack	\$50
	<b>12:00-1:00PM</b>	<b>Basic Backs Yoga</b>	<b>Yvonne</b>	10-Class Pack	\$140
	<b>4:30-5:30</b>	<b>Basic Yoga</b>	<b>Yvonne</b>	20-Class Pack	\$240
	6:00-7:15	Ashtanga Yoga	Samantha	<b>UNLIMITED CLASS PACKAGES (use in-studio or see addl. + cost to add Unlimited Online) <sup>3</sup></b>	
	<b>6:30-7:30</b>	<b>Guided Meditation &amp; Breathing</b>	<b>Brian</b>	Monthly Unlimited Autopay (+\$25 w/ Online) <sup>4</sup>	\$125/mo (\$150/mo)
	7:30-8:45PM	Yin Yoga	Tina	1-Month Unlimited Pass (+\$30 w/ Online)	\$150 (\$180)
Wednesday	8:30-9:30AM	Basic Yoga	Yvonne	3-Mos. Unlimited Pass (+\$65 w/ Online)	\$400 (\$465)
	<b>10:00-11:00</b>	<b>Slow Flow Yoga</b>	<b>Yvonne</b>	6-Mos. Unlimited Pass (+\$99 w/ Online)	\$750 (\$849)
	12:00-1:00PM	Gentle Yin Yoga	Sandy	12-Mos. Unlimited Pass (+\$199 w/ Online)	\$1,400 (\$1,599)
	4:30-5:45	Yin Yoga	Jill	<b>1-Month Unlimited All-Online Pass <sup>5</sup></b>	<b>\$75</b>
	6:00-7:15	Hot Vinyasa Yoga	Tina	<b>1-Month Unltd. Facebook Video Only</b>	<b>\$45</b>
	<b>7:00-8:00</b>	<b>Guided Meditation</b>	<b>Jill</b>	Senior & Student Discount <sup>7</sup>	10%
	7:30-8:30PM	Basic Yoga	Shay	Roch. School, Police, Fire & Ascension Crittenton Hospital Employees Discount <sup>6</sup>	10%
Thursday	8:30-9:45AM	Yin Yoga	Karolyn	<b>Private Yoga Instruction (use in-studio and/or online)</b>	
	10:00-11:00	Basic Yoga	Tracy	Private Yoga Single Session	\$80/hr
	12:00-1:00PM	Slow Flow Yoga	Shay	Private Yoga 4-Pack (60-min sessions)	\$300
	4:30-5:30	Basic Yoga	Elise	<sup>1</sup> New, first-time clients of UpDog Yoga for in-person, In-Studio Yoga class use only. Limit one offer per person, one time only.	
	6:00-7:15	Hot Vinyasa Yoga	Jill	<sup>2</sup> All Class Count Packages may be used for either in-person, In-Studio classes and/or Online Live Stream classes.	
	7:30-8:45PM	Yin Yoga	Tina	<sup>3</sup> Unlimited Online access can be added to any Unlimited Package (see addl. cost above) to include both Online Live Stream and Facebook Video Library.	
Friday	8:30-9:30AM	Slow Flow Yoga	Tina	<sup>4</sup> Autopay requires 6-month commitment term with option to renew.	
	9:45-10:45	Ashtanga Yoga	Tina	<sup>5</sup> Includes both Online Live Stream and Facebook Video Library access.	
	<b>11:00-11:45</b>	<b>Chair Yoga</b>	<b>Carole</b>	<sup>6</sup> Present valid ID: Seniors age 62+, employee ID, high school or college student ID. Discount valid on regularly priced classes only (cannot be combined with sale prices or other discounts)	
	<b>12:00-1:00PM</b>	<b>Basic Yoga</b>	<b>Carole</b>		
	4:30-5:30	Slow Flow	Jake		
	5:45-7:00	Yin Yoga	Kim		
	7:30-9:00PM	Workshops (see flyers)	Varies		
Saturday	8:30-9:45AM	Hot Vinyasa Yoga	Jen	<b>Beginner Yogis</b> If you are new to Yoga, we recommend Basic, Basic Backs, Yin, Gentle Yoga, Chair Yoga, Guided Meditation and Intro to Yoga Series (see reverse side for class descriptions). All provide a basic understanding of breath, postures and alignment at a beginner's pace. If you have questions about a class, or a pre-existing physical condition, please ask a staff member for guidance.	
	10:00-11:00	Basic Yoga	Jen		
	<b>11:15AM-12:30PM</b>	<b>Yin Yoga</b>	<b>Sandy</b>		
Sunday	8:30-9:45AM	Hot Vinyasa Yoga	Natalie	You will feel most comfortable practicing in layered, lightweight clothing with bare feet on a Yoga mat. Rental mats are available for \$2. Please arrive 10 minutes early on your first visit to complete a New Student Registration. All regular classes are ongoing weekly. <b>WALK-INS ALWAYS WELCOME!</b> <b>UpDog Mission:</b> Providing unparalleled levels of Yoga instruction and stress reduction in a calm, peaceful, safe and beautiful environment!	
	10:00-10:45	Slow Flow	Jake		
	11:00AM-12:00PM	Basic Yoga	Tracy		
	4:15-5:30	Ashtanga Yoga	Jill		
	5:45-6:45	Basic Yoga	Carole		
	7:00-8:15PM	Yin Yoga	Tina		

# CLASS DESCRIPTIONS

**Basic Yoga** introduces basic Yoga postures, breath and concentration techniques. Students are encouraged to work within their own unique ability and limitations. Beginners and all levels welcome.

**Basic Backs** is designed to create and maintain a healthy spine through balance. Emphasis is on the physical, emotional and energetic characteristics that directly influence the core region of the body (back and stomach). Attention will be directed to individual needs. Beginners and all levels welcome.

**Chair Yoga** is a modified, gentle form of Yoga practiced sitting on a chair, or standing using a chair for support. It is one of the gentlest forms of Yoga as it invites you to find mobility in a way that is soft and gentle, but also supportive and beneficial. Beginners and all levels welcome.

**Yin Yoga** is a soft, slow moving practice that focuses on deeper, longer stretching of tissues and joints and holding of postures to help open the lower back, hips and sacrum. This guided flowing class is primarily seated on the floor and helps open and heal sciatica, lower back, hip muscles and joints. Beginners and all levels welcome.

**Gentle Yoga/Gentle Yin** is for beginners wanting to start more gently, for people working with a health condition, and for anyone seeking to balance their busy lives with a more relaxed, therapeutic approach. Gently stretch and strengthen the body, connect with breath, and calm the mind. Attention will be directed to individual needs.

**Kid's Yoga** children ages 4 and up enjoy a playful Yoga practice that teaches them how to relax, develop body awareness, find their inner balance, build confidence, concentration and just have some fun.

**Guided Meditation** a casual guided meditation using a variety of simple, mindfulness meditation techniques which vary weekly. No meditation experience necessary.

**Guided Meditation & Breathing** guided meditation and breathing inspired by the Wim Hof Method and Tummo style breathwork to expand knowledge of proper breathing technique. Varying areas of the body and mind will be focused on weekly. No breathwork experience necessary.

**Slow Flow Yoga** classes build on the foundation established in Basic classes by linking postures and breath into a more vigorous, moving flow. Sun salutations, backbends and inversions are explored. Vinyasa-style but in a cooler environment for beginners looking to explore and expand their practice beyond Basic.

**Hot Vinyasa Yoga** combines breath and movement into a vigorous, challenging flow. For anyone looking to sweat, move to the music, and kick their asana up a notch or two, this class is for you. Room heated to approx. 90+ degrees (intermediate to advanced levels recommended).

**Slow Burn Yoga** blends stretching and strengthening while holding a pose for greater body awareness. A SLOW build, flowing with breath and engaging the core through mindful movements, will make you sweat while eliciting a state of deep relaxation. For those looking for a challenge to sink deeper into your practice and feel the *BURN!* (intermediate levels recommended).

**Ashtanga Yoga** short-form version of a traditional series of postures linked together to create a powerful, vigorous flow. The practice combines breath, energy locks, focus and a flow of postures to create a moving meditation (intermediate levels recommended).

**Workshops** are offered on a monthly basis typically on Fridays and Saturdays to help students expand their practice, gain insight into new techniques, and fine-tune their understanding of Yoga or other metaphysical, spiritual and health-related topics. Workshops are in addition to the regular class schedule and are additional cost (see in-studio flyers and website for details)

**Intro to Yoga Series** a multi-week series of classes designed specifically to introduce new students to the benefits and practice of Yoga. Each session builds on the prior week's lesson to create a sense of confidence and self-reliance. Offered quarterly. Perfect for beginners! (see in-studio flyers and website for details)

## FREQUENTLY ASKED QUESTIONS

**What is Yoga?** Yoga is an ancient system of guidelines for ethical discipline, physical health, breathing, concentration and meditation. The word "Yoga" comes from the Sanskrit word "yug," or "union."

**What Can Yoga Do For Me?** Yoga has been proven to reduce stress, increase mental acuity, improve circulation, slim and tone the body, improve focus and increase energy. Yoga helps us connect to our body and breath to foster balance of Mind, Body & Spirit.

**Which Classes Should I Take?** If you're new to Yoga, start with Basic Yoga, Basic Backs, Gentle Yoga, Gentle Yin, Yin, Chair Yoga, Guided Meditation and Intro to Yoga Series. Then, explore Slow Flow, Ashtanga, Slow Burn and Vinyasa classes to further build an awareness of breath, postures, alignment and more cardio. Try to take advantage of as many different teachers, times and classes as possible, depending on your experience level.

**How Often Should I Practice?** An ideal frequency for beginners is 2-3 times per week, which will enable you to begin to feel the effects of your practice and the changes in mind, body and spirit in about a month's time. Typically, experienced Yogis practice every day.

**What Should I Wear/Bring?** Lightweight "workout clothes" with wicking fibers are best. Avoid wearing jewelry, cologne or perfumes. Bring your Yoga mat or we have rental mats available for \$2. Changing areas and lockers are available in our coat room and restrooms.

**Why Shouldn't I Eat Before Practice?** Food interferes with the body's ability to cleanse and detoxify; avoid meals at least 1 hr. prior.

**What If I'm Pregnant?** Inform the instructor when you arrive for class; check with your physician before beginning a physical routine.