



Winter 2025 In-Studio Schedule

(updated 1/20/26)

IN-STUDIO WEEKLY CLASS SCHEDULE

PRICES

All class packages are non-refundable/non-transferable

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| Monday | 8:30-9:30AM | Slow Flow Yoga | Tina | NEW CLIENTS (one-time use only)¹ <i>5 Yoga Classes for \$15!</i> New Student 1-Month Unlimited Pass \$80 CLASS COUNT PACKAGES Single Yoga Class \$24 Single Chair Yoga Class \$8 |
| | 10:30-11:30 | Gentle Yoga | Tracy | |
| | 12:00-1:00PM | Basic Yoga | Tracy | |
| | 4:00-5:15 | Yin Yoga | Sandy | |
| | 5:30-6:45 | Slow Burn Yoga | Jen | |
| | 7:00-8:00PM | Basic Yoga | Jill | |
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| Tuesday | 8:30-9:45AM | Slow Flow Yoga | Jill | Single Meditation Class \$8 |
| | 10:00-11:00 | Basic Yoga | Jill | 3-Class Pack \$59 |
| | 12:00-1:00PM | Basic Backs Yoga | Yvonne | 10-Class Pack \$149 |
| | 4:30-5:30 | Basic Yoga | Yvonne | 20-Class Pack \$249 |
| | 6:00-7:15 | Slow Flow Yoga | James | UNLIMITED CLASS PACKAGES |
| | 7:30-8:45PM | Yin Yoga | Tina | Monthly Unlimited Autopay ² \$135/mo |
| | | | | 1-Month Unlimited Pass \$160 |
| Wednesday | 8:30-9:30AM | Basic Yoga | Yvonne | 3-Mos. Unlimited Pass \$450 |
| | 10:00-11:00 | Slow Flow Yoga | Yvonne | 6-Mos. Unlimited Pass \$850 |
| | 12:00-1:00PM | Gentle Yin Yoga | Sandy | 12-Mos. Unlimited Pass \$1,500 |
| | 4:30-5:45 | Yin Yoga | Jill | KIDS YOGA CLASS PACKAGES³ |
| | 6:00-7:15 | Hot Vinyasa Yoga | Tina | Kids Single Yoga Class \$15 |
| | 7:00-8:00 | Guided Meditation | Jill | Kids 5-Class Pack \$55 |
| | 7:30-8:30PM | Basic Yoga | Adriana | PRIVATE YOGA INSTRUCTION |
| Thursday | | | | Private Yoga Single Session \$85/hr |
| | 8:30-9:45AM | Yin Yoga | Karolyn | Private Yoga 4-Pack (60-min sessions) \$320 |
| | 10:00-11:00 | Basic Yoga | Tracy | Private Yoga 8-Pack (60-min sessions) \$600 |
| | 12:00-1:00PM | Slow Flow Yoga | Brenna | SENIOR & STUDENT DISCOUNT⁴ 10% |
| | 4:30-5:30 | Basic Yoga | Carole | ¹ New, first-time clients of UpDog Yoga for in-person, in-studio adult Yoga classes only. Limit one offer per person, one time only. Oakland/Macomb/ Wayne/St. Clair/Lapeer, MI county residents only. 60 days expiration. ² Autopay requires 6-month commitment term with option to renew (\$80 early cancellation fee). ³ Valid for Kids Yoga classes only. ⁴ Present valid ID: Seniors age 65+, high school or college student ID. Discount valid on regularly priced in-studio Unlimited Yoga or Class Packs only (cannot be combined with sale prices or other discounts) |
| | 6:00-7:15 | Hot Vinyasa Yoga | Jill | |
| | 7:30-8:45PM | Yin Yoga | Sandy | |
| Friday | 8:30-9:30AM | Slow Flow Yoga | Tina | |
| | 9:45-10:45 | Ashtanga Yoga | Tina | |
| | 11:00-11:45 | Chair Yoga | Carole | |
| | 12:00-1:00PM | Basic Yoga | Carole | |
| | 4:30-5:30 | Slow Flow | Adriana | |
| | 5:45-7:00 | Yin Yoga | Kim | |
| | 7:30-9:00PM | Workshops (see flyers) | Varies | |
| Saturday | | | | Beginner Yogis |
| | 8:30-9:45AM | Hot Vinyasa Yoga | Tina | If you are new to Yoga, we recommend Basic, Basic Backs, Yin, Gentle Yoga, Gentle Yin, 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. You will feel most comfortable practicing in layered, lightweight clothing with bare feet on a Yoga mat. Rental mats are available for \$4. Please arrive 10 minutes early on your first visit to complete a New Student Registration. |
| | 10:00-11:00 | Basic Yoga | Carole | |
| | 10:00-11:00 | Kids Yoga | Stephanie | |
| | 11:15AM-12:30PM | Yin Yoga | Sandy | |
| Sunday | 8:30-9:45AM | Hot Vinyasa Yoga | Jake | All regular classes are ongoing weekly. WALK-INS ALWAYS WELCOME! UpDog Mission: Providing unparalleled levels of Yoga instruction and stress reduction in a calm, peaceful, safe and beautiful environment! |
| | 10:00-10:45 | Slow Flow | Melissa | |
| | 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

GENTLE & BEGINNER LEVEL:

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.

INTERMEDIATE TO ADVANCED LEVELS:

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 \$4. 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.