

Hybrid Training & Yoga Class Schedule

01 JANUARY

	1/02	1/03	1/04	1/05	1/06	1/07
A little progress each day adds up to big results	Closed	5:15a Lower Body 8:30a Flow Yoga 10:30a Chair Yoga 3:00p Low Impact Full Body	5:15a Upper Body 6:00p Full Body	5:15a Full Body 8:30a Flow Yoga 10:30a Chair Yoga	5:15a Back / Chest	No Class
		1/09	1/10	1/11	1/12	1/13
It never gets easier you just get stronger	5:15a Lower Body 6:00p Full Body	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga 3:00p Low Impact Full Body	5:15a Full Body 6:00p Full Body	5:15a Back / Chest 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day	No Class
		1/16	1/17	1/18	1/19	1/20
You're only one workout away from a good mood	5:15a Lower Body 6:00p Full Body	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga 3:00p Low Impact Full Body	5:15a Full Body 6:00p Full Body	5:15a Back / Chest 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day	8:00a Gentle Yoga 9:30a Flow Yoga
		1/23	1/24	1/25	1/26	1/27
The body achieves what the mind believes	5:15a Lower Body 6:00p Full Body	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga 3:00p Low Impact Full Body	5:15a Full Body 6:00p Full Body	5:15a Back / Chest 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day	No Class
		1/30	1/31	2/1	2/2	2/3
Do something today that your future self will thank you for	5:15a Lower Body 6:00p Full Body	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga 3:00p Low Impact Full Body	5:15a Full Body 6:00p Full Body	5:15a Back / Chest 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day	No Class

Hybrid Training: A combination of cardio, resistance, and core movements that will increase your endurance, fire up your metabolism, and improve your strength.

Classes: Lower Body, Upper Body, Full Body, Back/Chest, Low Impact Full Body (beginners & seniors)

Duration: 45-60 minutes

Instructor: Ashley Wallace

Flow Yoga: An energizing practice available for all levels from beginners to regularly practicing yogis. Modifications offered for beginner, intermediated, and advanced students.

Duration: 75 minutes

Instructor: Shona Noyola

Facilitator: Ashley Wallace

Chair Yoga: Yoga poses have been modified to be practiced sitting on a chair or using a chair for support. There is no getting up and down from your chair. Includes gentle stretching, strength and balance poses

Duration: 75 minutes

Instructor: Shona Noyola

Facilitator: Ashley Wallace

Gentle Yoga: Yoga practices suitable for beginners, seniors, and regularly practicing yogis. This yoga session is designed to stretch areas of the body that are most commonly affected by stiffness and tension.

Duration: 60 minutes

Instructor: Shona Noyola

Facilitator: Ashley Wallace

