

Hybrid Training & Yoga Class Schedule

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A little progress each day adds up to big results	5/01	5/02	5/03	5/04	5/05	5/06
	5:15a Lower Body 5:30p Full Body	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	5:15a Full Body 5:30p Full Body	5:15a Back / Chest 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day	No Class
It never gets easier you just get stronger	5/08	5/09	5/10	5/11	5/12	5/13
	5:15a Lower Body 5:30p No Class	No Class	No Class	No Class	No Class	No Class
You're only one workout away from a good mood	5/15	5/16	5/17	5/18	5/19	5/20
	5:15a Lower Body 5:30p Full Body	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	5:15a Full Body 5:30p Full Body	5:15a Back / Chest 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day	8:00a Gentle Yoga
The body achieves what the mind believes	5/22	5/23	5/24	5/25	5/26	5/27
	5:15a Lower Body 5:30p Full Body	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	5:15a Full Body 5:30p Full Body	5:15a Back / Chest 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day	No Class
Do something today that your future self will thank you for	5/29	5/30	5/31			
	5:15a Lower Body 5:30p Full Body	5:15a Upper Body No Yoga Classes	5:15a Full Body 5:30p Full Body			

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
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. 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