

MIND + BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30 am Hatha Yoga Heidi C.		8:30-9:30 am Hatha Yoga Ka Bey		8:30-9:30 am Hatha Yoga Heidi C.		
9:30-10:00 am Opti-Roll Josh R.		9:30-10:30 am Barre Darcy C.		9:30-10:30 am Barre Darcy C.		
	10:00-11:00 am Vinyasa Flow Ka Bey		10:00-11:00 am Vinyasa Flow Ka Bey			
10:30-11:30 am Vinyasa Flow Sarah M.		10:30-11:30 am Vinyasa Flow Erika L.		10:30-11:30 am Vinyasa Flow Sarah M.		
						11:00am-12:00 pm Hatha Yoga Ka Bey
5:30-6:30 pm Yin Yoga Susan P.		5:30-6:30 pm Yin Yoga Susan P.				

All classes and class descriptions can be accessed and booked on the Opti-Life App. Class schedule can change without notice, so please use the app for most up-to-date class information.

CLASS DESCRIPTION

Block Therapy

This is a chair based low impact Yoga class for all experience levels. We will focus on flexibility and balance as we move through poses designed to improve range of motion in our neck, shoulders, spine, hips, knees and ankles. We will be both seated and standing while using chairs for added stability and support.

Barre

In this body sculpting class, you will use a mix of light weights, body weight, and barre-style movements that will strengthen and tone your entire body. This class perfectly combines strength, stretching, and balance with no impact.

Hatha Yoga

This is a traditional yoga that stresses mastery of the body for balance. This is attained through a combination of breath, asana (physical postures), and mental focus. Creating Mind body connection and balance to bring about a stronger physical and mental health in your daily life. *Formerly known as Mobility Flow and Flow Yoga.*

Yin Yoga

This is a low impact Yoga class that focuses on holding postures and releasing tension. From healing of the physical body to balancing the mental stress within the body.

Opti-Roll

This class will use deep stretches, foam rollers, and other muscle and myofascial release techniques to help your body recover and heal. Starting with a full body stretch from the head down to the feet, to foam rolling trouble spots, and finishing with mobility of spine and body. This class will leave you relaxed and refreshed in new ways.

Vinyasa Flow

A yoga class suitable for beginner and intermediate yoga students. The first part of class will focus on standing poses where we move from one pose to the next in a flow like pattern. The second half of class we will do light balance poses, and work to open the hips, back, shoulders and hamstrings. Intentional breath-work is done throughout. Intensity will vary based upon attendee yoga experience.