

CLASS SCHEDULE

MONDAY

7am	Vinyasa Yoga
9am	Hatha Yoga
11am	Vinyasa Yoga
1pm	Vinyasa Yoga
4:30pm	Vinyasa Yoga
6pm	Aerial Flow
6pm	Vinyasa Yoga
7:30pm	Restorative Yoga
8pm	Community Yoga

TUESDAY

5:30AM	Vinyasa Yoga
7am	Vinyasa Yoga
10am	Vinyasa Yoga
12pm	Vinyasa Yoga
4:30pm	Vinyasa Yoga
6pm	Yin Yoga
7:30pm	Community Yoga

WEDNESDAY

7am	Vinyasa Yoga
11am	Vinyasa Yoga
4:30pm	Vinyasa Yoga
6pm	Aerial All-fly
6pm	Vinyasa Yoga
7:30pm	Restorative Yoga

THURSDAY

5:30AM	Vinyasa Yoga
10am	Vinyasa Yoga
12pm	Vinyasa Yoga
4:30pm	Vinyasa Yoga
6pm	Restorative Yoga
6pm	Align Yoga & Weights
7:30pm	Vinyasa Yoga



FRIDAY

7am	Vinyasa Yoga
9am	Vinyasa Yoga
11am	Vinyasa Yoga
12:30pm	Aerial All-fly
1pm	Vinyasa Yoga
4:30pm	Vinyasa Yoga
6pm	Vinyasa Flow
7:30pm	Restorative Yoga

SATURDAY

8am	Vinyasa Yoga
9am	Align Yoga & Weights
10am	Vinyasa Yoga
11am	Aerial All-fly
8pm	Community Yoga

SUNDAY

8am	Vinyasa Yoga
10am	Yin Yoga

*Please check the website or the studio app for the most up to date schedule.

Due to spacial limitations during this time, all classes will be available for scheduling 7 days in advance. Please schedule your classes online or download the Yoga Centric-Harford app to your smartphone. If you need to cancel a class, please do so a minimum of 24 hours prior, to avoid a \$10 fee. We appreciate your patience and understanding during this time. We promise to provide you with the most up to date information as changes are made.

yogacentric

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Harford's Home Studio

NEW TO THE STUDIO

- ❖ **Start with our 30 Days for \$30 (for new clients).**

- ❖ **Coming to the studio 2 or more times a week, enjoy our Unlimited Memberships.**

- ❖ **Have less time and can only make it occasionally, purchase a 1 month/5 class pass.**

- ❖ **Teachers & Students check out our special pricing just for you.**

New Client 30 Day Pass \$30

*Includes Mat & Aerial Yogas.

MEMBERSHIPS

* 6 month commitment

Monthly Unlimited \$99

*Includes Mat & Aerial Yogas.

Freedom Flyer \$70

*Unlimited Aerial Yoga

CLASS PASSES & DROP-INS

1 Month / 5 Class Pass \$85

*Exp. 1 Month

Student 5 Class Pass \$45

*Exp 1 Month. ID Required

Teacher 10 Class Pass \$100

*Exp. 1 Month. ID Required

6 Aerial Flights \$126

*Expires 6 Months

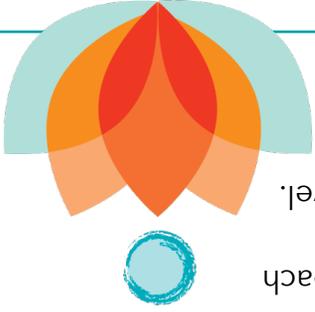
Drop-in Mat/Aerial \$20 / \$26

Military Mondays *ID Required

\$8

Community Yoga Class \$10

Harford's Home Studio.



Embrace the warmth

Harford County is home to many yoga studios - but none are like Yoga Centric! We offer a lifestyle beyond exercise in supporting each other's individual developmental goals in health, physical and emotional well-being regardless of yoga experience or fitness level.

Whether you are looking for hot yoga classes, the lightness and ease of yin style yoga or the excitement of taking your practice into the aerial silks, our studio is designed to help you navigate through your journey.

During the current phase of "Reopen Maryland", all classes will be held in our fresh air studios or on the back patio. All class formats at this time are open to "all-levels" until further notice.

<p>HATHA YOGA:</p> <p>Simply defined as the branch of yoga which focuses on postures and breath of the body. Yoga Centric teaches this class at a slower more relaxed pace than what you will experience in a Vinyasa class. Ideal for those new to the mat or simply looking to slow down.</p>	<p>VINYASA YOGA:</p> <p>The primary method of yoga taught at Yoga Centric. Translated from Sanskrit, "to place in a special way," Vinyasa yoga aligns a sequence of poses with the breath to achieve a continuous flow of the body and settling of the mind.</p>
<p>AERIAL YOGA:</p> <p>Experience the gentle support of silk fabric as you move through your yoga practice. Aerial yoga can be both fun and challenging, allowing students to perform postures that they may not ordinarily be able to attempt on the yoga mat.</p>	<p>RESTORATIVE YOGA:</p> <p>A yoga practice focused on the art of slowing down and healing the body through passive stretching. With little movement and the support of props, you'll move through just a handful of postures. Ideal for those who are looking to improve sleep or heal from trauma or injury.</p>
 	<p>YIN YOGA:</p> <p>A series of poses, held for 3-5 minutes. Yin yoga invites you to engage in a more active stretch, targeting the connective tissues, rather than focusing on the larger muscles of the body. A perfect compliment to any yoga practice. Ideal for runners.</p>