

# yoga centric Class Menu

## NON-HEATED CLASSES

### Yin Yoga

Targets the connective tissue, focusing on flexibility and joint health. This practice will leave you feeling energetically balanced and relaxed.

### Restorative Yoga

Calming to the body and mind, this practice is designed to relieve tension and improve sleep. A combination of prop supported poses, aromatherapy and meditation.

### Align Yoga & Weights

Combines strength training with light weights, cardio and those techniques and movements practiced in Vinyasa yoga.

## Take your practice to new heights!

A gravity defying yoga practice in supportive silk fabric.



### Basics of Flight

first level

### All-fly

all level

### Aerial Flow

next level

### Aerial Junior

Ages 8 & up

Ask about Aerial private sessions, for one flyer or groups. Pre-booking available.



## Pricing

30 days \$30 \*new clients

Drop-in Mat Yoga \$22

5 Class Pass \$90

Student 5 Class Pass \$50

Teacher 10 Class Pass \$110

Aerial Flight \$26

Memberships \*4 month commitment

Monthly Unlimited \$112

\*includes mat & aerial

+1 Family Member \$50

Monthly Freedom Flyer \$85

\*Aerial yoga only

Yearly Unlimited \$1145

Yoga Centric has a 6 hour cancellation policy. Fee for late cancels is \$10



## HEATED CLASSES

### Signature Heat 1

95 degrees \*all levels

Yoga Centric's foundational Vinyasa class, sequenced to build heat, increase flexibility, strength and mental clarity.



### Signature Heat 2

95 degrees \*progressive level

Explore and play beyond the foundations of yoga, while flowing with a theme or pose focus.

### Signature Warm

80-85 degrees \*all-levels

Practice and learn the connection between breath and movement through a mindful sequence of yoga poses

### Community Hot Yoga

95 degrees \*all-levels

An ideal format for friends, family and all budgets. Same format as our Signature 1 class. Always \$10.

# yoga centric Class Schedule

Check the website for the most up to date schedule.  
[yogacentricharford.com](http://yogacentricharford.com)

## MONDAY

7:00 am	Signature Heat 1
7:00 am	Aerial All-fly
9:00 am	Signature Heat 2
11:00 am	Signature Warm
4:30 pm	Signature Heat 1
6:00 pm	Aerial Flow
6:00 pm	Signature Heat 1
7:30 pm	Community Hot Yoga
7:30 pm	Restorative Yoga

## TUESDAY

5:30 am	Signature Heat 1
7:00 am	Signature Heat 2
10:00 am	Signature Warm
4:30 pm	Signature Warm
6:00 pm	Yin Yoga
6:00 pm	Align Yoga & Weights
7:30 pm	Community Hot Yoga

## WEDNESDAY

7:00 am	Aerial All-fly
7:00 am	Signature Heat 1
10:00 am	Signature Warm
12:00 pm	Aerial All-fly
4:30 pm	Signature Heat 1
6:00 pm	Aerial All-fly
6:00 pm	Signature Heat 1
7:30 pm	Aerial Basics of Flight
7:30 pm	Restorative Yoga

## THURSDAY

5:30 am	Signature Heat 1
10:00 am	Signature Heat 2
12:00 pm	Aerial Flow
12:00 pm	Signature Warm
4:30 pm	Signature Warm
6:00 pm	Yin Yoga
6:00 pm	Align Yoga & Weights
7:30 pm	Signature Heat 1

## FRIDAY

7:00 am	Signature Heat 1
7:00 am	Aerial All-fly
9:30 am	Signature Heat 1
11:00 am	Signature Warm
4:30 pm	Signature Heat 1
6:00 pm	Yin Yoga
6:00 pm	Community Hot Yoga

## SATURDAY

8:00 am	Signature Heat 1
10:00 am	Signature Heat 1
11:30 am	Signature Warm
12:00 am	Aerial All-fly

## SUNDAY

8:00 am	Signature Heat 1
10:00 am	Yin Yoga

Roll out your mat  
& get started!

Download the Yoga centric  
iPhone or android app.

Create your account.

Choose a class that meets  
you where you are.

First visit? Choose the  
*30 days for \$30*  
new client option.

Need assistance?  
Visit the website or  
stop by the studio & a  
Community Manager will  
assist you in getting started.

