

IN STUDIO + LIVE ZOOM YOGA

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MON

TUES

WED

THUR

FRI

SAT

SUN

12:00pm
Power Flow/
Vinyasa
Julie W
In Studio + ZOOM

5:15pm
Power Flow/
Vinyasa
Tanya H
In Studio + ZOOM

6:30pm
Deep Stretch/
Sound Bath
Tanya H
In Studio + ZOOM

6:00am
Power Flow/
Vinyasa
Jen J
In Studio + ZOOM

9:00am
Power Flow/
Vinyasa
Amy J
In Studio + ZOOM

12:00pm
Deep Stretch/
Gentle
Jessica J
In Studio + ZOOM

5:15pm
Power Flow/
Vinyasa
Julie W
In Studio + ZOOM

9:30am
Power Flow/
Vinyasa
Sheri C
In Studio + ZOOM

12:00pm
Power Flow/
Vinyasa
Jen J
In Studio + ZOOM

5:15pm
Power Flow/
Vinyasa
Mel P
In Studio + ZOOM

6:30pm
Deep Stretch/
Meditation
Erin B
In Studio + ZOOM

6:00am
Power Flow/
Vinyasa
Mel P
In Studio + ZOOM

9:00am
Power Flow/
Vinyasa
Amy J
In Studio + ZOOM

12:00pm
Deep Stretch/
Gentle
Melissa M
In Studio + ZOOM

5:15pm
Power Flow/
Vinyasa
Julie W
In Studio + ZOOM

9:30am
Deep Stretch/
Gentle
Amanda J
In Studio + ZOOM

12:00pm
Power Flow/
Vinyasa
Kurt
In Studio + ZOOM

9:30am
Power Flow/
Vinyasa
Kurt J
In Studio + ZOOM

11:00am
Deep Stretch/
Gentle
Jessica J
In Studio + ZOOM

9:30am
Beginners
Amy J
In Studio + ZOOM

11:00am
Power Flow/
Vinyasa
Amy J
In Studio + ZOOM

3:00pm
Deep Stretch/
Gentle
Pamela
In Studio + ZOOM



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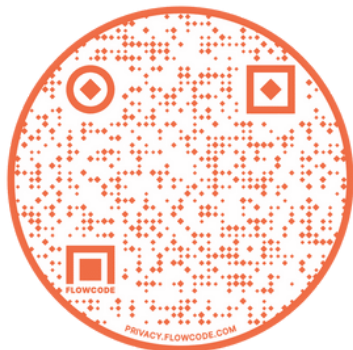
ALL CLASSES ARE IN STUDIO + LIVE ON ZOOM

POWER FLOW / VINYASA

YAM Power Flow classes are meant to be athletic, and taught so that all levels can experience a great class. Cardio, strength, balance, and mindfulness are all emphasized while building flexibility. Teachers provide easy to follow verbal cues and modifications, so students don't feel lost, while also providing options to intensify, allowing each student to find their edge.

The whole body is cared for as the teachers touch on each muscle group. The studio is warmed to 75-80 degrees, class is 60 minutes.

MOBILE SCHEDULE



DEEP STRETCH / GENTLE

YAM Deep Stretch/Gentle classes help restore your body and are excellent for beginners. Whether you are an athlete needing a deep stretch, or just want to open up and oxygenate your muscles and ligaments from daily wear and tear, you will benefit from this gentler class. Additional perks include deep relaxation and calming of the nervous system. The studio is warmed to 75-80 degrees, class is 60 minutes.

PRICING:

FREE Intro Week
Drop In \$21

10-Pack \$150 (3 Month Exp)

1 Month Unlimited \$135

3 Month Unlimited \$345

Teen Membership \$65/Month Unlimited + \$15 Drop In

Family members will get 20% off any second membership. The more you come, the more you save.

All memberships + packages can be used in the park, in the studio and on zoom.

ALL LEVELS, ALL THE TIME. FOR REAL.

Offsite Services + Space Rental Available



All classes in boxes
move slow - great
place to start

