Fall Class Schedule

Sept. 12- Dec. 17, 2016

To Register:
info@harmonytreestudio.com
204.822.9943
www.harmonytreestudio.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Total Body Toning Amanda	9:30 am Pilates **Starts Oct. 4** Tiffany	9:00 am Total Body Toning Amanda	9:30 am Restorative Pilates **Starts Oct. 6** Tiffany	9:00 am ABC *45 min class Sheena	9:00 am Free Meditation or Karma Yoga (check online schedule)
10:30 am Mom & Baby Yogalates *6 week enrollment **Starts Nov. 7** Sheena		9:30 am Mom & Baby Stroller Fit *5 week enrollment **Starts Sept. 14** Sheena		11 am Restorative Yoga Tawny	9:30 am Power Yoga
5:30 pm Pilates Sheena		4:30 pm Youth Yoga *5 week enrollment **Starts Oct. 5** Lindsay	5:30 pm Prenatal Yogalates *5 week special **Starts Sept. 22** Sheena		
6:30 pm Belly Dance Choreography & Conditioning *Enrollment Required •90 min. class **Starts Sept. 19** Joelle	6:00 pm Total Body Toning Amanda	6:00 pm Total Body Toning Amanda	5:30 pm Hatha Teri		
6:30 pm Intro to Yoga Series *6 week Enrollment **Starts Sept. 12** Angela 6:30 pm Intermediate Yoga Series *6 week enrollment **Starts Nov. 7** Angela	7:15 pm Restorative Yoga Sheena	6:00 pm Hatha Teri *6 week special 6:00 pm Mindful Meditation *5 week enrollment **Starts Nov. 16** Daphne	6:30 pm ABC Sheena	**2 WEEKS UNLIMITED INTRO OFFER $25**	
7:30 pm Yin Yoga Sheena	7:30 pm Hatha Yoga Angela	7:15pm Vinyasa Flow Brooke	7:30 pm Hatha Teri		
8:00 pm Belly Dance 101		8:30pm Slow Flow Brooke	8:30pm Power Yoga Brooke		

Class Descriptions

Yoga

HATHA YOGA:
A gentle yoga system of physical exercises and breathing control. This class includes standing, sitting and reclined poses. This class is appropriate for those who have never done yoga before.

POWER YOGA:
(Ashtanga): Be prepared to sweat! This class will follow the original Primary Series. Some yoga knowledge will be an asset for this class.

RESTORATIVE YOGA:
Find relief in long, effortless positioning designed to allow your body to release tension. Students of every level benefit from the calming, meditative focus this class provides.

SLOW FLOW YOGA:
Treat yourself to one hour of slower paced standing yoga postures, and then take it down to the mat for lots of restorative stretching and relaxation.

VINYASA FLOW:
A flowing dynamic form of yoga that links postures with breath in a sequence. This class is more challenging and some yoga knowledge would be an asset.

YIN YOGA:
Long held poses that challenge the body and the mind while promoting a deeper sense of strength and flexibility. This class is open to beginners.

Pilates & Toning

PILATES:
With a focus on core stability including pelvic and shoulder girdle stabilization, neutral alignment and breathing this class help restore the natural curves of the spine, relieve tension and help create long, lean muscle mass.

POWER PILATES:
Burn lots of calories with this interval based class. It is a full body workout that uses Pilates small equipment to challenge your core, arms and legs.

RESTORATIVE PILATES:
With a focus on body awareness and proper alignment this class is great for seniors and those with chronic ailments such as back pain, arthritis, or fibromyalgia. Focusing on mobility, flexibility and strength through a full range of motion helps restore the injured tissues to a healthy state.

ABC (arms, butt & core):
This resistance training class includes traditional calisthenics and body weight exercises which target arms, butts and core muscles.

TOTAL BODY TONING:
Using small equipment to work both your large and small muscles for full body toning.

Yogalates

YOGALATES:
A great combination class that includes a mix of Hatha yoga postures and challenging Pilates exercises. This class will fatigue your muscles, but leave you stretched and relaxed.

MOM & BABY YOGALATES:
Perfect for the new mom as this class will tone your whole body. It is also a great time to bond with your child as your tot (15 months or younger) may participate. Learn yoga and Pilates exercises that will re-balance your body and your mind.

PRENATAL YOGALATES:
This gentle class will help mothers-to-be relieve sore muscles & mentally relax.. Exercises will be modified thorough out the pregnancy to ensure safety and comfort.

Series & Specialities

INTRO TO YOGA:
6 week foundational course ideal for anyone looking to better understand props and alignment for safe and effective postures.

INTERMEDIATE YOGA:
6 week workshop style class that dissects challenging backbends and inversions. Open to students looking for alignment cues and props to expand their practice.

YOUTH YOGA:
Open to 9+ years old. This class is a safe intro into the world of yoga.

MINDFULNESS MEDITATION
Learn different types of meditation to enhance your awareness skills. Living in the moment helps to manage our lives from a balanced place. Regular, kind and gentle practice helps us to come to know ourselves in a new way.
for all levels.

MOM & BABY STROLLER FIT:
Enjoy the company of other mom's as you enjoy this interval based power walking class. The class will always meet at Harmony Tree Studio. This class includes cardio, strength training and flexibility for full body benefits. Children and babies in strollers can attend.

Belly Dance

BELLY DANCE 101:
A gentle entry into the world of dance modeled after middle eastern style or belly dance. The class will be taught in an active style- so be prepared to sweat. No previous dance experience required, perfect for those who consider themselves inactive or "out of shape" as the dance is low impact.

BELLY DANCE CHOREOGRAPHY:
10 weeks of fast paced classes. Students will learn a dance that they will perform in a small "hafla" or recital. Dedication is required to participate in this class as each person affects the choreography.

Prices

Drop in- $12 5 Class Pass- $55 10 Class Pass- $100 20 Class Pass- $180

Regular Class Passes are for any classes (excluding enrollments) and expire six months from date of purchase.
Enrollment Class Passes can only be used for the class and term for which they are purchased.