



## Class Schedule & Class Descriptions

TIMES	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15-7:15am		Sunrise Yoga <i>Marycarmen</i>		Sunrise Yoga <i>Marycarmen</i>			
8:15-9:15am	Tighten & Tone Pilates <i>Kelly</i>	Hatha Flow <i>Youka</i>	Vinyasa Flow <i>Joyce</i>	Fat Burn Yoga <i>Nicole</i>	Vinyasa Flow <i>Youka</i>	Hot Yoga <i>Michelle/Marycarmen</i>	
9:30-10:30am	Hot Yoga <i>Leisa</i>	Fat Burn Yoga <i>Nicole</i>	Tighten & Tone Pilates <i>Helen</i>	Hatha Flow <i>Leisa</i>	Hot Yoga <i>Nicole</i>	Tighten & Tone Pilates <i>Kelly</i>	
6:15-7:10pm	Hot Yoga <i>Angie</i>	Hatha Flow 75 Min. <i>Michelle</i>	Vinyasa Flow <i>Angie</i>	Hot Yoga <i>Michelle</i>	5:30-6:30pm TGIF Yoga		4-5pm Hatha Flow <i>Michelle/Jena</i>
7:15-8:15pm	Vinyasa Flow <i>Jena</i>		Hot Yoga <i>Tara</i>	Schedule subject to change - please check online. <a href="http://www.HartYogaPilates.com">www.HartYogaPilates.com</a> 214.872.2225			

Sunrise Yoga	Load up on positive thoughts and energy to kick start your day with this invigorating early morning yoga session.
Hatha Flow	This flowing yoga practice offers total body conditioning for all fitness levels with less emphasis on arm balances such as down dog and plank.
Vinyasa Flow	Breath synchronized movements linking sun salutations and postures. You choose your own effort level for a moderate or intense calorie burn.
Hot Yoga	Release toxins, boost weight loss and immunity. Also known to reduce symptoms of illnesses, thyroid disorders, arthritis and circulatory problems.
Fat Burn Yoga	Dynamic movements designed to fat and shed inches with equipment such as weights, stability ball and core ball incorporated for faster body shaping results.
Tighten & Tone Pilates	A deep toning total body workout incorporating Pilates principles to focus on correct alignment, flexibility, strength & a beautiful posture. Various tools such as the Pilates ring & arc, ballet bar, and stability & core ball are utilized to get you faster results!
TGIF Yoga	It's FRIDAY! Wind down from the week with this stress relieving, energizing yoga session.

### *Yoga Etiquette*

- Please arrive atleast 5 minutes prior to class time.
- Late arrivals may result in non-admittance into class as it is disruptive to the class.
- Please respect the serenity to those in the previous class by keeping voices low in the hallway especially if it is within the last 5 minutes of the previous class.
- Take into classroom only what you need for class - no cell phones, purses, shoes...
- Align your mat front center with a heart sticker on the floor to allow appropriate mat spacing and student capacity.
- Once in the classroom, please respect the tranquility so that you and others may settle in for a good practice.
- Do not leave during Savasana as it is is disruptive to others and is a very important part of your practice.