



# YOGA

UNLIMITED CLASSES

\$15/MONTH MEMBERS ONLY

MARCH 2024

NO CHANGES FROM FEBRUARY



## MONDAY

8:45 – 9:45 AM

**Vinyasa Flow Yoga**  
Wausau Yoga Studio  
Rebecca O

10:15 – 11:15 AM

**Yoga for All**  
Wausau Yoga Studio  
Jamy K

5:30 – 6:30 PM

**Warm Yoga**  
Wausau Yoga Studio  
Kate T

## TUESDAY

5:15 – 6:00 AM

**Rise & Flow Yoga**  
Aspirus Studio A  
Jenn A

9:00 – 10:00 AM

**Gentle Flow Yoga**  
Wausau Yoga Studio  
Kate T

5:30 – 6:30 PM

**Yoga**  
Aspirus Studio A  
Sue S

## WEDNESDAY

9:00 – 10:00 AM

**Yoga**  
Wausau Yoga Studio  
Kerri S

10:15 – 11:15 AM

**Power Yoga Flow**  
Wausau Yoga Studio  
Leann S

5:30 – 6:30 PM

**Deep Release Yoga**  
Wausau Yoga Studio  
Jamy K

## THURSDAY

5:45 – 6:45 PM

**Rise & Flow Yoga**  
Wausau Yoga Studio  
Angela G

5:30 – 6:30 PM

**Restorative Yoga**  
Aspirus Studio A  
Becca W

6:00 – 7:00 PM

**Yoga Flow**  
Wausau Yoga Studio  
Kaycee A

## FRIDAY

5:15 – 6:15 AM

**Strength Slow Flow**  
Wausau Yoga Studio  
Amy M

9:00 – 10:00 AM

**Yoga Flow**  
Wausau Yoga Studio  
Jamy K

## SATURDAY

7:45 – 8:45 AM

**Yoga**  
Wausau Yoga Studio  
Rotation

10:30 – 11:30 AM

**Yoga for Every Body**  
Aspirus Studio A  
Becca W

In truth, yoga doesn't take time –  
it gives time.



Scan for Unlimited Yoga Schedule

Rotation Instructors, Class Updates & Class Cancellation

Drop-in Yoga Class for Members & Non-Members: \$10 per class

Non-Members must also purchase a Day Pass: \$15

# Yoga Class Descriptions



## Yoga

Explore body alignment and deep breathing while developing strength, flexibility, and balance in a supportive environment. Yoga focuses on postures, gentle movement sequences, breath work and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.

## Warm Yoga

The warmer room temperature will help you detoxify, improve your strength, flexibility and stamina, and melt away tension. Linking your breath and movement energizes your mind, body and spirit while creating a moving meditation. The room is heated to about 90 degrees.

## Rise & Flow Yoga

Rise & Flow Yoga honoring individuals' energetic levels earlier in the morning with sun salutations. Energize the body with flowing yoga poses, linking movement with the breath. Leave class ready to enter the rest of your day with vitality and peace.

## Gentle Flow Yoga

Rejuvenate, reduce stress, increase flexibility & strength with this gentle yoga class introducing basic yoga postures and breathing techniques. The approach is gentle, supportive and caring.

## Power Yoga Flow

Power yoga converts the practice of the poses in traditional yoga to a more active and athletic way, which means moving quickly through the poses, holding each pose for a shorter duration while coordinating the breath. The concept of power yoga is for building muscle strength and endurance.

## Deep Release Yoga

This class is structured as a slow flow with little to no standing. Poses are limited in number and held for four to six minutes, while focusing on the most major of joints, the hips. Props are available and encourages as participants allow both time and warmth to gently relax the muscle. This class is designed for the runner, walker, cyclist or those who spend a lot of time sitting at their jobs.

## Yoga For Every Body

Viniyoga style yoga practice is open to all ages and all levels. It incorporates repetition and stay, function over form, breath and body awareness. We move through a variety of yoga postures (asanas) within a gentle flow pace for overall health benefits.

## Vinyasa Flow Yoga

Vinyasa Flow follows an arch structure, starting subtly, gaining power in the middle and slowing for a restorative finish. Class will have a focus on conscious breath synced with mindful movement. Options for modifications or advancements are given. You can expect to build heat and leave with an overall lightness.

## Restorative Yoga

Restorative Yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all ages and all levels, it is gentle, and passive with the use of props such as blocks, bolsters, or blankets. The props help you hold passive poses longer without exerting or tiring out your muscles. Restorative yoga is practiced at a slow pace, focusing on longer holds (1-2 minutes) stillness, and deep breathing.

## Yoga Flow

Flow is a yoga class where the movements are connected to each other in a flowing manner. Linking movement with the breath is the primary focus. Beginners are welcome and will be encouraged to pace themselves and focus on mastering the basic poses before moving onto the more complex poses.

## Slow Flow Yoga

Slow Flow move slowly through a series of fluid postures, flowing continuously through sequences of sun salutations and standing/seated postures. Emphasis on linking breath to movement, while relieving tension in the body, holding stretches and moving mindfully.

## Yoga for All

This slow flow practice is for all levels and all abilities. Student will have the option to use a chair for class or mat. They will learn breathing techniques and poses that will help them relieve stress and tension so they can meet their fitness goals.

## Strength Slow Flow Yoga

Slow flow yoga is a breath-based, mindful movement practice that brings us home to our body, breath, and mind, in the present moment. This class integrates strength, flexibility, and concentration through a series of traditional postures linked together through breath and movement.

