

# SPORTSPLEX YOGA



TUESDAY: 5:45PM- 6:45 PM SLOW FLOW YOGA *w/Linda*

THURSDAY: 5:45PM- 6:45 PM MULTI LEVEL YOGA *w/Linda*

## VINYASA

Vinyasa yoga is an energetic style of yoga that flows with breath and movement to build heat from within. A mix of yoga elements, which will encourage strength, stamina in both body and mind. Posture instructions given in modified and advanced levels.

## MULTI-LEVEL

Yoga for all levels. We incorporate optional weights & resistance every other week. Focusing on strength, flexibility, balance and movement

## SLOWFLOW

Slow Flow (Basic Yoga) A slower Vinyasa class for all levels. This session involves stretching, balance, and breathing, while learning basic yoga elements. Enjoy a non-competitive environment.

*\*Space is limited. This schedule is subject to change as new guidelines roll out.*

### Instructor Lead Fitness AquaFit, Spin, Yoga, Bootcamp

	Drop in OTSEGO	Drop in Non-Resident	10 visits OTSEGO	10 visits Non-Resident
Adult	7	9	56	72
Senior/Vet	6	8	48	64

### Instructor Lead Fitness Unlimited AquaFit, Spin, Yoga and Bootcamp

	OTSEGO	Non-Resident
Adult 30-day unlimited	100	125
Senior/Veteran 30-day unlimited	85	105

There is a 2 person minimum required for each class to proceed