



Monday



Monday

9:20 – 10:35	Yoga for Stiffer Bodies	Lucy
NOON - 1	Power Hour	John
6 – 7	Pranayama	Chris

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Tuesday

9 – 10:25	Power 1 & 2	Kim
4:15 – 5:30	Soft Flow	Carrie
5:45 – 7	Restore	Erin
7:15 – 8:15	Yoga for Men	John

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4:15 – 5:30	Soft Flow	Carrie
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Wednesday

9 – 10:30	Core/Restore	Carrie
7:30 – 8:50	Restore	Carrie

Wednesday

9 – 10:30	Core/Restore	Carrie
7:30 – 8:50	Restore	Carrie

Thursday

6 – 7	Power Hour	John
9 – 10:25	Power 1 & 2	Kim
4:15 – 5:30	Core	John
6 - 7	Yoga Nidra*	Scott

*no class 3/4 , 4/8 , 4/29

Thursday

6 – 7	Power Hour	John
9 – 10:25	Power 1 & 2	Kim
4:15 – 5:30	Core	John
6 - 7	Yoga Nidra*	Scott

*no class 3/4 , 4/8 , 4/29

Friday

9:20 – 10:35	Yoga for Stiffer Bodies	Lucy
10:50 – 11:50	Postnatal	Lin
4:15 – 5:30	Power 1	Carrie

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10:50 – 11:50	Postnatal	Lin
4:15 – 5:30	Power 1	Carrie

Saturday

8 – 9:15 am	Power 1	Lucy
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8 – 9:15 am	Power 1	Lucy
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Sunday

7:15 – 8:30pm	The Resistance	Aaron
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801-521-YOGA
 1550 e. 3300 s. Salt Lake City
www.centeredcityyoga.com

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SCHEDULE EFFECTIVE 3/1 – 4/30

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Centered City Yoga Class Descriptions

entry level classes:

Intro to Yoga: A free, fun, and friendly class to demystify “yoga” and bring familiarity to the next class you take. (75 min.)

Fundamentals: Establishes the basics for your practice in a slower workshop setting; a chance to ask questions and get in depth information while still enjoying the workout. (75min.)

Core Basics: An in-depth look at your center – the perfect “prep” for the more advanced CORE class. (75 m.)

all levels classes:

Pranayama: An hour of pure power breathing. Guaranteed to surprise you. Too many benefits to list! (60 min.)

Yoga Nidra: Systematic relaxation. You don’t move a muscle in this class. We call it yogic slumber, and it delivers renewal at the deepest levels. (60 min.)

Restore: Restore energy, vitality, mobility and more in this gentle viniyoga based movement class. Wanna get loose and relaxed? This class rocks! (75 min.)

Soft Flow: Moving meditation. This class links traditional yoga poses with gentle transitions to leave you energized and massaged. (85 min.)

specialty classes:

Yoga for Stiffer Bodies: Dynamic flow series followed by deep overall stretching . Unlock your hips, stretch your thighs, relieve your back, and open your chest. (75 min.)

Core: Move from your center, get stronger from the inside out. Work your abs, your back and (some claim) your buns. . (75 min.)

The Resistance: Our new class that focuses on using yoga to BUILD BALANCED STRENGTH. (90 min.)

progression of power classes:

Express: 45 minute class devoted to sun salutes. great intro to the longer power classes. (45 min.)

Power Hour: One hour of non-stop vinyasa flow. (60 min.)

Power One: Movement linked with breath to work your entire body, refresh your mind, ease the emotions and soothe your spirit. (75 min)

Power, Unplugged Power class, only groovier. Move at a slower pace, hold poses longer, do more floor work, revel in your breath. (75 min.)

Power 1 & 2: Still that same movement linked with breath, but just a tad (okay, maybe more than a tad) more challenging. (85 min.)

Prices

First Class FREE to UT residents

INTRO class always FREE

Drop In: \$12 a class

Express Drop In: \$8 a class

5 class card: \$55

10 class card: \$100

20 class card: \$160

Monthly Unlimited: \$125 OR \$110 AUTO PAY

Teachers and Single Parents: \$55 for 10 or \$100 for 20

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