



<b>Monday</b>		
9:20 – 10:35	Yoga for Stiffer Bodies	Lucy
6 – 7	Pranayama	Chris
<b>Tuesday</b>		
9 – 10:25	Power 1 & 2	Kim
4:15 – 5:30	Soft Flow	Carrie
7:15 – 8:15	Yoga for Men	John
<b>Wednesday</b>		
9 – 10:30	Core/Restore	Carrie
5:30 – 7	Power 1*	Carrie
7:30 – 8:50	Restore	Carrie
*except 7/15		
<b>Thursday</b>		
6 – 7	Power Hour	John
9 – 10:25	Power 1 & 2	Kim
4:15 – 5:30	Core	John
<b>Friday</b>		
9:20 – 10:35	Yoga for Stiffer Bodies	Lucy
10:50 – 11:50	Postnatal	Lin
4:15 – 5:30	Power 1	Carrie
<b>Saturday</b>		
8 – 9:15 am	Power 1	Lucy
<b>Sunday</b>		
7:15 – 8:30pm	The Resistance	Aaron

**801-521-YOGA**  
**1550 e. 3300 s. Salt Lake City**  
[www.centeredcityyoga.com](http://www.centeredcityyoga.com)

**SCHEDULE EFFECTIVE 7/1 – 8/30**

**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.

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

**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)**

**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.

**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