



2020 Class Schedule

Updated 2/10/20

MORNING- AM ☀️

EVENING- PM 🌙

Monday	9 - 10 All Levels Yoga (Marci) 10:30-11:30 Yin Yoga (Marci)	6 - 7 All Levels Yoga (Jane Ellen)
Tuesday	9:30-10:30 All Levels Yoga (Jana) 11:00- 12:00 Stretch! (Jana)	5:30-6:30 Yin Yoga (Marci)
Wed	9:30-10:30 All Levels Flow (Chris) 11:00 - 12:00 Pilates Mat (Priscilla)	5:30-6:30 All Levels Yoga (Lauren) 7-8 Restorative Yoga (Jana)
Thurs	9 - 10 Stretch! (Marci) 10:30-11:30 Yoga Mix (Marci)	6 - 7 Yoga Mix (Amy)
Friday	8-9 Roll & Release (Priscilla) 9:30-10:30 Beginners Yoga (Priscilla)	
Saturday	9-10 All Levels Yoga (Jane) 10:30-11:45 Yin Yoga (Jane)	
Sunday	9-10 All Levels Yoga (Chris)	

PRICING

through March 31, 2019

- New Student Special: \$49 for one month of unlimited classes
- 10 Class Card: \$150, Classes can be used any time over 6 months
- Monthly Unlimited: \$100 per month, unlimited classes
- Drop In: \$18 per class

PROGRESS YOGA

8020 Cumming Highway, Suite 307, Canton, GA 30115

info@progressyogacanton.com, (770) 224-8158

Book Classes Online at www.ProgressYogaCanton.com/schedule

The class schedule is subject to change.

Class Descriptions

All Levels Yoga: A traditional yoga class in a non-heated space. Classes will emphasize alignment, breath and technique. Instructors will offer modifications for beginner to advanced students. Classes include traditional yoga asanas such as Warrior 1, Warrior 2 & Chair pose, plus more advanced balances & binds. This class promotes strength, balance, flexibility, and stress reduction.

Yin: A class where seated stretches are held for 3 to 5 minutes to promote flexibility and mobility. This extended time helps target the muscles and connective tissues such as ligaments, tendons & fascia. Students also experience meditative benefits and peace of mind.

Stretch!: A class for all levels that combines dynamic (moving) and static (held) stretches. These stretches are held for 60 seconds or less. Props such as blocks, straps, bolsters and the wall may be used. Reduce tension, increase flexibility and improve your range of motion. This class is a perfect complement to weight lifting, running and other sports.

Beginners Yoga: This class is designed for beginners and will move slower than the "all levels" with extra attention to form, technique and proper breathing.

Yoga Mix: This unique and fun class mixes three types of movement. 1/3 yoga flow, 1/3 core-abdominal-strength work and 1/3 stretching and breathing. Get a little of everything!

Roll & Release: This class uses Yoga TuneUp Therapy Balls to stretch and massage your muscles, tissue and fascia. Students use the balls in different positions and with different techniques (rolling, pressing, turning) to achieve the desired release in the target areas. If you want to improve your mobility and flexibility while reducing stress, Roll & Release is a great option.

Restorative Yoga: Restorative yoga helps to promote deep relaxation, reduce stress and let go of tension. Students practice seated or reclining restorative poses on a yoga mat listening to soothing music. Props such as bolsters, blocks, blankets and straps are used to assist with the experience. Suitable for all levels.

Pilates Mat: Fun, low-impact exercises that strengthen and lengthen muscles, improve posture and enhance flexibility. Movements are slow and controlled. Exercises focus on the core (trunk) muscles, arms and legs. Mat Pilates can be modified for any age, body, or fitness level.

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