



Progress Yoga

CANTON, GA

October 2020 Class Schedule

| Monday | Tuesday | Wed | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--------------------------------------|---------------------------------------|
| DAY | | | | | | |
| | 8:30 Yoga Strength Blend (45 minutes) - Kristi | | | | | |
| 9:30 All Levels Yoga - Marci | 9:30 Yin Yoga - Jana | 9:30 All Levels Yoga - Chris | 9:30 Yoga Strength Blend - Marci | 9:30 Yoga Pilates Fusion - Priscilla | 9:00 All Levels Yoga - Jane | 9:00 All Levels Yoga - Chris |
| | | | 11:00 All Levels Stretch - Marci | | 10:30 Yin Yoga - Jane | |
| EVENING | | | | | | |
| 6:00 All Levels Yoga - Jane Ellen | | 5:30 All Levels Yoga - Lauren | | | | |
| | | 7:00 Restorative Yoga - Jana | | | | |

October Pricing

- Single Class - \$18
- New Student Special: \$49 for one month of unlimited classes
- 5 Class Card: \$80, Classes can be used any time over 3 months
- 10 Class Card: \$150, Classes can be used any time over 6 months
- Monthly Unlimited: \$100 per month, auto billing on credit or debit card

PROGRESS YOGA

8020 Cumming Highway, Suite 307, Canton, GA 30115

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

Book Classes Online at www.ProgressYogaCanton.com/schedule

Pricing and class schedule are subject to change.

October 2020 Covid-19 Class Guidelines:

- If you are sick, have had close contact with a person diagnosed with COVID-19, or have been given a "Shelter At Home" notice from government authorities, do not come to the studio.
- Progress Yoga will:
 - Limit classes to 10 students for Yoga classes. 11 students for Yin and All Levels Stretch.
 - Hold classes for 50 minutes. (Tues 8:30 AM class to 45 minutes.)
 - Clean and sanitize practice areas, bathroom and common areas.
 - Provide hand sanitizer in lobby and in bathrooms. Provide tissues throughout space.
- Students will:
 - Sign up for class in advance www.ProgressYogaCanton.com/schedule. No drop ins.
 - Arrive and depart wearing a mask. Masks optional during class.
 - Use hand sanitizer upon arriving. Additional hand washing with soap, optional.
 - Practice social distancing at all times. Avoid congregating in lobby.
 - Bring own mat and props. Place mats in labeled spaces only. (See wall markers.)
- Teachers will:
 - Provide verbal and visual queuing and stay 6 feet from students.
 - Arrive and depart wearing a mask. Masks optional during class.
 - Use hand sanitizer and wash hands upon arriving.
 - Not provide hands on adjustments or offer essential oils.

Class Descriptions:

All Levels Yoga: A traditional yoga class that focuses on 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 movements.

Yin Yoga: A class where seated yoga shapes are held for 1 to 4 minutes to promote flexibility and mobility. This extended time combined with stillness targets the muscles and connective tissue (fascia). We recommend that students bring yoga blocks and a yoga blanket.

Yoga Strength Blend: Blends bootcamp and strength moves such as squats and lunges, with an all levels yoga class. The music is energetic. Be prepared to sweat.

All Levels Stretch; A class for every body and everybody. Stretch from head to toe with dynamic (moving) stretches and static (held) stretches. Reduce tension, improve flexibility and move stagnant energy. We recommend that students bring yoga blocks and a yoga blanket.

Yoga Pilates Fusion: Blends pilates techniques and all levels yoga in one class. Pilates exercises strengthen and lengthen muscles, improve posture and work the core.

Restorative Yoga: A class for all levels that incorporates gentle and restorative poses, and breathing techniques, which students practice seated or lying on a yoga mat. Students must bring their own props: a bolsters or pillow, 2 yoga blocks and a blankets to assist with the experience.