



Yoga Schedule

95 W. CENTA AVE. ~ HAYDEN, IDAHO 83835 ~ 762.5777

06/19/18

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
7:00 to 7:50 AM		Warm & Gentle Yoga* Sandra		Warm & Gentle Yoga* Diane			
8:00 to 8:50 AM	Warm & Gentle Yoga* Roni						
9:00 to 10:00 AM							Warm & Gentle Yoga* Sierra
9:15 to 10:15 AM	Yoga* Danielle			Forever Fit Yoga Blend Carey		Forever Fit Yoga Blend Carey	
10:15 to 11:15 AM							Download the MindBodyOnline App for class reservations No show fee = \$2
10:30 to 11:30 AM			Hot Yoga* Sandra		Warm & Gentle Yoga* Sandra		
6:00 to 7:00 PM			Hot Yoga* Sierra		Hot Yoga* Sierra		
7:00 to 8:00 PM		Hot Yoga* Roni		Hot Yoga* Sandra			

*Due to the popularity of the yoga classes, ALL yoga classes now require a reservation in advance. You may sign up no more than 2 days ahead of the scheduled class. Please call to cancel at least 1 hour in advance if you are not able to make the class, so other members may be contacted to attend. There is a \$2.00 no show charge. Class size is limited to the first 32 participants who have made a reservation.

**Policy for all classes that require an advance sign up: Participants must be present in class 5 minutes prior to the class start time, or any other waiting participant may take your reserved spot.

WWW.thePEAKid.com

208-762-5777

Peak Tennis Hours: Monday – Friday 6 AM to 9 PM & Saturday – Sunday 7 AM to 8 PM



Yoga Descriptions

FOREVER FIT YOGA BLEND ~ A blend of yoga disciplines that combines poses into a flowing series creating warmth and energy. This continuous movement will increase strength, balance and range of motion. This, shoe friendly, class does not include floor exercises. (no lying down on the floor) A chair is available for balance, support, seated pose options and final relaxation. This class targets the sedentary, the active older adult and the beginner.

WARM & GENTLE YOGA ~ A slower, kinder class for those who are seeking a softer approach to opening the body and growing within the postures. Focuses on soothing warm-up stretches and gentle, strength building poses. This class moves at a slower pace with emphasis on alignment, centering, balancing and breathing. Ideal class for beginning practitioners, older students, or those who prefer a more moderate Hatha form of yoga. (Room temperature 73 – 75 degrees)

HOT YOGA ~ A vigorous, challenging, calorie-burning form of yoga in a hot room (85 degrees), that continuously flows through a sequence of poses which are connected to the breath. A great class for developing strength, balance, flexibility and stamina.

FEES Members: Free **Non-Members:** \$80.00 for sixteen punch card pass, or 1 class \$10.00

Contact your doctor before starting an exercise program in case of existing heart problems, pain, or other physical problems.

For More Information, Contact Linda Yates, Group Fitness Director at 762.5777