



20 Grote St.
St. Catharines
905-682-4469
www.yogabysarah.com

All of our classes are All Level, unless otherwise indicated on the schedule. They are made to accommodate everyone from beginner to advanced. Modifications are given to make every practice suit where you are in your journey.

Class Descriptions

Hatha Yoga

Gentle to mid-paced class where you'll learn how to utilize your breath within postures. Feel relaxed, lengthened and toned. Expect to be gently challenged.

Chair/Gentle Yoga

Based on the Hatha Yoga Practice, this class uses props including chairs and promotes balance, strength and flexibility in the practitioner. This gentle class is suited to a mature beginner, persons with little or no experience in yoga and to anyone looking to use yoga to help in rehabilitation from an injury or illness.

Hatha Restorative

This gentle to mid-paced class will combine Hatha yoga poses with the breath, easing you into passive restorative postures. This class helps to open joints, refresh muscles and clam the mind.

Vinyasa Flow Yoga

(Available in Hot and Non-Hot)

This class is mid to fast paced giving you a vigorous, yet accessible practice. Each instructor will use unique sequencing and fluid transitions to encourage seamless movement in connection with your breath.

Hatha Yoga Flow

Mid-paced class that combines Hatha Yoga fundamentals - breath, meditation, and posture - with the flow of a Vinyasa class. Hatha Flow will add a rewarding challenge to your standard Hatha Class. Prepare yourself to move quicker and go with the flow on your mat!

Yoga Tone

(Available in Hot and Non-Hot)

This mid-paced yoga class is designed to boost your metabolism and build lean muscle mass as you mix strength training exercises into your yoga practice.

Warm Yin Restorative

A quiet, meditative practice - and the perfect complement to more dynamic and muscular styles of yoga. Postures are done lying passively on the floor in a heated room. The combination of long-held, passive stretching and heat works to improve flexibility and joint mobility. This practice is suitable for students of all levels, from Beginner to Advanced.

Holy Yoga Hatha

Holy Yoga Hatha combines traditional Hatha yoga, while holding a space for those who want to incorporate contemplative Christian meditation in their practice.

Holy Yoga Vinyasa

Holy Yoga Vinyasa combines traditional Vinyasa yoga while holding a space for those who want to incorporate contemplative Christian meditation in their practice.

Yoga Tune Up®

Yoga Tune Up® (YTU) playfully combines elements of yoga, calisthenics, body therapy and stress reduction. YTU approaches the body as a living archaeological dig, probing layers of muscles, tendons, connective tissues and joints, ultimately excavating unhealthy tension patterns and moving you back into physiological balance.

Yoga Ballet Barre

This workout class fuses ballet and yoga in a unique way to target all of the major muscle groups with simple and repetitive ballet barre exercises. The strength work is immediately complimented with corresponding yoga poses to increase flexibility and improve balance. Ballet experience is not required, but this class is sure to inspire the dancer in you!

Aerial Suspension Training

Perform simple and effective movements on our suspension system using your own body weight and suspension handle bars. A fun, strengthening and challenging workout for all levels and body types! Finish the class with a therapeutic savasana in our aerial hammocks. Only 12 spaces available in each class - we highly recommend reserving your spot online!

Yoga and Weights

A traditional yoga class that combines cardiovascular and weight training for total body conditioning. Come prepared to work hard, sweat and enjoy the benefits of adding weights and cardio to your yoga practice.

Pilates

Learn the fundamental principles of the Pilates method and its basic exercises. Improve your strength, posture and flexibility. In this class, we will stick to the basics, but with modifications to make the exercises more challenging



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Drop-In Class Schedule

Fees to Drop-in Schedule

Unlimited Memberships

| | |
|---|------------|
| Monthly Autopay Membership <i>(3 Month Minimum Commitment)</i> | \$85/Month |
| 12 Month Membership <i>(prepaid in full)</i> | \$900 |
| 3 Month Membership <i>(prepaid in full)</i> | \$260 |
| 1 Month Membership | \$125 |

Member Benefits

- Unlimited access to classes on the Drop-in Schedule
- Free Child Minding
- 10% off regular prices retail
- 10% off most workshops
- 2 free mat/towel rentals per month
- 2 free guest passes per quarter

Class Passes

| | |
|---|-------|
| 20 Class Pass <i>(no expiration)</i> | \$250 |
| 10 Class Pass <i>(6 month expiration)</i> | \$145 |
| 5 Class Pass <i>(6 month expiration)</i> | \$80 |
| Drop-in Class | \$17 |

Above prices do not include HST

Students/Seniors (60+) receive 10% off

Other Fees

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|----------------------------|------------|
| Unlimited Towel Service | \$10/Month |
| Child Minding Fees: | |
| 1st Child | \$3 |
| Each Additional Child | \$2 |
| 10 Visit Pass | \$25 |

Sign up online or on our Mobile App!

Log on to your YBS account and sign up for any Drop-In Class from fourteen days to 1 hour in advance! Please note: You may cancel up to one hour before the class starts. If you do not show up or cancel less than one hour in advance, you will still be charged for that class.

Starting January 8, 2018

Monday

| | | |
|--------|----------------------------|------------|
| 6:30a | Yoga and Weights (60 mins) | Jenna |
| 9:45a | Child Minding | Staff |
| 9:45a | Hatha | Monique |
| 9:45a | Vinyasa Flow - Non Hot | Diana |
| 9:45a | Pilates (60 mins) | Sarah H. |
| 11:15a | Chair/Gentle Yoga | Heather |
| 12:00p | Hatha (60 mins) | Lacey |
| 4:00p | Hatha Restorative | Jess |
| 5:30p | Hatha | Julie |
| 5:30p | Hot Vinyasa Flow | Jenna |
| 7:00p | Warm Yin Restorative | Amanda |
| 7:00p | Aerial Suspension Training | Angela |
| 8:00p | Yoga and Weights | Allison N. |

Tuesday

| | | |
|--------|------------------------|--------|
| 6:30a | Pilates (60 mins) | Rachel |
| 9:45a | Child Minding | Staff |
| 9:45a | Yoga Tune Up® | Amanda |
| 9:45a | Hot Vinyasa Flow | Haley |
| 9:45a | Holy Yoga Hatha | Jade |
| 4:00p | TBA | |
| 12:00p | Hatha (60 mins) | Carole |
| 5:30p | Vinyasa Flow - Non Hot | Angela |
| 6:30p | Holy Yoga Hatha | Jarin |
| 7:00p | Hatha | Julie |
| 8:00p | Holy Yoga Vinyasa | Jarin |

Wednesday

| | | |
|--------|----------------------------|------------------|
| 6:30a | Yoga and Weights (60 mins) | Rachel |
| 9:45a | Child Minding | Staff |
| 9:45a | Hatha | Amanda |
| 9:45a | Yoga Ballet Barre | Diana |
| 11:15a | Vinyasa Flow - Non Hot | Diana |
| 11:15a | Chair/Gentle Yoga | Brier |
| 5:30p | Hatha | Lacey |
| 5:30p | Hot Vinyasa Flow | Angela |
| 6:00p | Pilates (60 mins) | Sydney/ Sarah H. |
| 7:00p | Hatha | Amanda |
| 8:00p | Warm Yin Restorative | Alison Q. |

Thursday

| | | |
|--------|----------------------------|------------------|
| 6:30a | Pilates (60 mins) | Heather |
| 9:45a | Child Minding | Staff |
| 9:45a | Hatha | Amanda |
| 9:45a | Yoga Tone - Non Hot | Rachel |
| 9:45a | Pilates (60 mins) | Sydney/ Sarah H. |
| 12:00p | Aerial Suspension Training | Angela |
| 12:00p | Hatha (60 mins) | Alison Q. |
| 5:30p | Hatha | Tara |
| 6:30p | Yoga Tune Up® | Carole |
| 7:00p | Hot Vinyasa Flow | Tara |

Friday

| | | |
|--------|-----------------------------|---------|
| 6:30a | Yoga and Weights (60 mins) | Jenna |
| 9:45a | Child Minding | Staff |
| 9:45a | Hatha Flow | Diana |
| 9:45a | Hot Vinyasa Flow | Julie |
| 12:00p | Hatha Restorative (60 mins) | Jess |
| 4:00p | Hatha Flow | Monique |
| 5:30p | Vinyasa Flow - Non Hot | Haley |

Saturday

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|--------|------------------------|--------|
| 8:15a | Vinyasa Flow - Non Hot | Diana |
| 9:45a | Yoga Ballet Barre | Diana |
| 9:45a | Hatha | Jenna |
| 9:45a | Pilates (60 mins) | Sydney |
| 11:15a | Hot Vinyasa Flow | Haley |

Sunday

| | | |
|-------|------------------|----------------|
| 9:45a | Hatha | Jackie |
| 9:45a | Hot Vinyasa Flow | Allison/Stacey |