

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Gentle Yoga //Joe 8:30-9:30
Easy Beginners //Kate 10-11:15	Power Yoga Basics //Nancy 10-11:15		Restorative Flow //Kate 10-11		Unheated Power Yoga //Joe 10-11	Power Yoga Basics //Joe 10-11:15
Power Yoga //Kate w/ Lavender Towels 11:30-1* <small>* Class cancelled on December 17th for 1pm Intermediate Power Yoga</small>	Power Yoga //Nancy 12-12:45		Power Yoga //Kate 12-12:45		Power Yoga //Joe 12-12:45	Restorative Flow //Joe 11:30-12:30
	Power Yoga Basics //Joe 4:30-5:30	Power Yoga Basics //Joe 4:30-5:30	Easy Beginners //Kate 4:30-5:30	Power Yoga //Kate 4:30-5:30	Easy Beginners //Joe 4:30-5:30	
Unheated Power Yoga //Joe 5:45-6:45	Power Yoga //Joe 5:45-6:45	Power Yoga Basics //April 5:45-7	Power Yoga Basics //April 5:45-7	Easy Beginners //Kate 5:45-6:45	Vinyasa Flow //Nicole 5:45-6:45	
Easy Beginners //Joe 7-8	Easy Beginners //Joe 7-8	Power Yoga //April 7:15-8:15	Power Yoga //April 7:15-8:15	Candlelight Restorative Flow //Kate 7-8		

Class Descriptions

Easy Beginners

For brand new beginners or anybody looking for a slow-paced & gentle yoga class. Not hard and not hot! Room temperature.

Gentle Yoga

Low impact postures: seated, standing, and restorative. No prior yoga experience necessary. Held at room temperature.

Power Yoga Basics

A slower version of our Power Yoga class, we introduce the basics of power yoga, including moving from one pose to the next in a warm room.

Restorative Flow

A slower vinyasa flow class incorporating restorative postures practiced in a warm room.

Vinyasa Flow

Connect postures with breath in a warm room. This class will be a little bit different every week.

Unheated Power Yoga

Power yoga not heated.

Power Yoga

Our most challenging class, this Baptiste-style power yoga class links breath and movement to increase flexibility and strength. Full heat.

SPECIAL SCHEDULE:

Jan 1st New Year's Day

Evening Classes Only(10am & Noon Cancelled) // Joe

Events

Intro to Flow for Beginners: Saturday, January 13th 1-3pm

Have you been taking our Easy Beginner's classes? Are you looking for what's next but not sure what's next? In this special 2-hour class, Joe will lead you through a beginner-level flow class that will be fun and open up new doors for your practice. Room Temperature.

** Event Costs: INCLUDED with Unlimited Memberships / Use a Class Card or Drop in for \$12

The Pillars of Baptiste Power Yoga: Sunday, January 28th 1-3:30pm

Join Certified Baptiste Yoga teacher Kate Giglio for a deep dive into the five pillars of Baptiste Power Yoga: Drishti (gaze), Ujjayi (breathing), Bandhas (Hands/Feet/Floor/Core), Heat, and Flow through Power Yoga practice, workshoping poses, and journaling. Bring a hand towel and journal. Heated.

supernovapoweryoga.com

** Please note: Instructor subject to change last minute