

# February 2020



**CLASS CANCELLATIONS:**  
**Valentine's Day: Friday 2/14**  
 6:30pm Core & Restore

## YOGA & FITNESS CLASSES

Please visit our website to view instructor and class descriptions.

| SUNDAY                                         | MONDAY                                   | TUESDAY                                         | WEDNESDAY                             | THURSDAY                                | FRIDAY                                 | SATURDAY                              |
|------------------------------------------------|------------------------------------------|-------------------------------------------------|---------------------------------------|-----------------------------------------|----------------------------------------|---------------------------------------|
|                                                | 7:30am<br>Pilates<br>(Sue)               | 7:30am<br>HIIT<br>(Emily)                       | 7:30am<br>Pilates<br>(Sue)            | 7:30am<br>Yoga for Climbers<br>(Tara)   | 7:30am<br>Pilates Flow<br>(Sue)        |                                       |
| 9:00am<br>Circuit Training<br>(Emily)          |                                          |                                                 | 9:00am<br>Yoga for Climbers<br>(Tara) |                                         |                                        | 9:30am<br>Slow Flow Hatha<br>(Nicole) |
|                                                |                                          | 12:00pm<br>Midday Movement<br>Yoga<br>(Kristin) | 12:00pm<br>Energetic Yoga<br>(Ember)  | 12:00pm<br>Solar Flow Yoga<br>(Crystal) | 11:00am<br>Slow Flow Hatha<br>(Nicole) |                                       |
| 6:30pm<br>Seasonal Yoga<br>(Cali)              | 6:00pm<br>Functional Flow<br>(Katherine) | 6:30pm<br>Strengthening Yoga<br>(LeeAnn)        | 5:00pm<br>Slow Flow Hatha<br>(Nicole) | 6:30pm<br>Seasonal Yoga<br>(Cali)       | 6:30pm<br>Core 30<br>(LeeAnn)          |                                       |
| 7:30pm<br>Yin Yoga & Med-<br>itation<br>(Cali) | 7:15pm<br>Loving Warrior Yoga<br>(Erica) |                                                 |                                       |                                         |                                        |                                       |

**Yoga Fundamentals with Tara — Sunday 2/16, 1-3pm**  
 This 2-hour workshop will give new yogis the opportunity to learn basic technique and alignment cues, ask questions, and break down some flows and postures.

## CLIMBING CLASSES

Sign up online...

**Intro to Climbing**  
**Thursday 2/6, 6-8pm**  
 Learn the how to top rope belay and basic climbing technique.

**Learn to Lead**  
**Monday 2/17, 6-8pm**  
 Learn to lead climb and lead belay, how to fall and catch falls.

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|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Find Your Balance</b><br/>                 Develop the Ninja-like technical skills of high-quality footwork and balance.</p> | <p><b>Twist Your Hips</b><br/>                 Style, grace, power, and efficiency. Twisting your body is essential for vertical and overhanging terrain.</p> |
| <p><b>Discover Your Power</b><br/>                 Learn to generate momentum and become a more dynamic and energetic climber.</p> | <p><b>The Mental Game</b><br/>                 Learn tools and tactics to address fear and anxiety on the wall.</p>                                           |

...Or ask a staff member to schedule any of our classes at a day and time that work for you!