

Monday	Class	level	studio	teacher	Thursday	Class	level	studio	teacher	Level 1 : Great for those who are new to the yoga practice ,like to enjoy a gentler practice or would like to de-stress. Level 2 : These classes are geared to students of all levels. Level 3 : Classes geared to those who want to take their practice to the next level and want to explore arm balances and more advanced poses N/A : Is suitable for all levels, all abilities.
9:30 - 10:30	Pilates	2	jala	Laura	9:30 - 10:45	Slow Flow Yoga NEW	2	shakti	Katie	
9:30 - 10:45	Flow Yoga	1/2	shakti	Natasja	9:30 - 10:30	Pilates	2/3	jala	Laura	
12:00 - 1:00	Flow Yoga	2	shakti	Natasja	5:00 -6:00	Hatha Yoga	1/2	jala	Bryhnn	
5:30 - 6:30	Beginner Yoga	1	shakti	Jessica	6:00 - 7:00	Yin Yoga Nidra NEW	1/2	shakti	MarieLouis	
5:45 - 6:45	HIIT(45mins) + CORE (15mins)	2	jala	Christina	6:15 7:15	Barre yoga	2	jala	Breanna	
7:00 - 8:00	Hatha Yoga	2	jala	Breanna	7:30 - 8:30	Soma Yoga NEW time	2	jala	Bryhnn	
7:15- 8:15	HOT Flow Yoga	2	shakti	Melanie	7:30 - 8:45	Warm Restorative	n/a	shakti	Helene	
8:15 - 9:15	Yin Yoga	1	jala	Marta	Friday	Class	level	studio	teacher	
Tuesday	Class	level	studio	teacher	9:30 - 10:45	Therapeutic Yoga	n/a	shakti	Natasja	
9:30 - 10:45	Sattva yoga journey NEW	2	shakti	Natasja	11:00 -12:00	Sattva Meditation Journey NEW	n/a	shakti	Natasja	
10:30 - 11:45	Hatha Yoga	1/2	jala	Breanna/Cindy	11:00 - 12:15	Flow Yoga	1/2	jala	Breanna	
5:45 - 7:00	Warm Restorative	n/a	shakti	Edie	7:15 - 8:15	Flow Yoga	2	shakti	Melanie	
5:30 - 6:30	YogaTune UP	n/a	jala	Laurel	Saturday	Class	level	studio	teacher	
7:15- 8:30	HOT Flow Yoga	2/3	shakti	Laurel	8:30 - 9:30	YogaSculpt	2	jala	Christina	
7:00 - 8:00	SHH Yoga *	1/2	jala	Christina	9:35 - 10:05	SHH Yoga 30 mins	n/a	jala	Christina	
8:15 - 9:15	Pilates	2	jala	Laura	10:15 - 11:15	Foundational Flow	1	jala	Breanna	
Wednesday	Class	level	studio	teacher	10:15 - 11:30	HOT Flow Yoga	2/3	shakti	Natasja	
9:30- 11:00	Kundalini Yoga NEW TIME	1/2	Shakti	Marie-Louise	7:00 - 8:00	Special Yoga class last Saturday of month	2	shakti	Melanie	
9:30 - 10:30	SHH Yoga *	1/2	Jala	Christina	Sunday	Class	level	studio	teacher	
12:00 - 1:00	Flow Yoga	2	shakti	Katie	9:00 - 9:45	HIIT Yoga NEW	2	jala	Christina	
5:45 - 6:45	HIIT(Yoga 45mins) + CORE (15mins) NEW	2	jala	Christina	10:30 - 11:45	Community Yoga \$10	2	shakti	Marta	
5:30 - 6:45	Warm Therapeutic	n/a	shakti	Natasja	7:00 -8:00	Sattva Yoga Journey \$10 NEW	1/2	Shakti	Jerrod	
7:00 - 8:15	HOT Flow Yoga	3	shakti	Natasja						
7:00 - 8:00	Luminous Yoga	1/2	jala	Jeff						

FALL SCHEDULE 2019

September 09 - December 15, 2019

336 Eagle St. N 2J/2H Cambridge, ON
519.653.0090
fusionmovement.ca

SHH Yoga = Shoulders, Hips & Hamstrings

CLASS DESCRIPTIONS

New students First Visit	
1 month	\$45
Class Cards great when practicing once or twice a week	
Single Class Drop-In	\$20
Single Class Youth (11 -16)	\$15
Single Class Child (3 - 10)	\$10
5 Class Card (expires 6 months)	\$85
10 Class Card (expires 6 months)	\$145
20 Class Card (expires 12 months)	\$250
Monthly Memberships great when practicing twice or more a week WHEN SIGNING UP BEFORE YOUR FIRST ONE MONTH UNLTD EXPIRES RECEIVE 10% OFF THE BELOW POSTED RATES.	
VIP 12 months*	\$89
Fusion Freedom biweekly	\$45
1 month (no commitment)	\$119
Youth membership + EMS membership	
1 month 11-16yr	\$65
<p>ALL PRICES INCLUDE HST. <i>* credit card or post-dated checks required on file. Class cards can be shared amongst immediate family members. 10% off class cards seniors 60+ and full time students. NSF Fee Charge for returned checks \$20 Class cards can be extended for \$55</i></p> <p>NO REFUNDS</p>	

Barre Yoga: A class that integrates elements of Pilates, dance, cardio & strength training. Great for toning the abs, legs, thighs and buttocks.

Beginner Yoga : A perfect class for those who are new to the yoga practice or for those who would like to revisit the basics.

Flow Yoga : In this class flow through a powerful sequence that will leave you feeling energized, rejuvenated and balanced from top to bottom. Flow yoga classes do not follow a set sequences of poses (asanas) each class will be unique and different. Also offered in a HOT room.

Hatha Yoga : A yoga class that focuses on alignment and holding poses while maintaining ease and steadiness. Includes pranayama (breathing exercises)

HIIT Yoga : HIIT Yoga is a cross-training combination of yoga and HIIT (high intensity interval training—a popular training technique that pairs intense (100% effort) bursts of anaerobic exercise with brief recovery periods. It's believed to burn fat more quickly by keeping the heart rate up, thereby requiring more oxygen during the recovery periods

Luminous Yoga : In this practice we will break down blockages within your energy body and enhance each chakra through chakra specific postures.

Restorative Yoga : Warm restorative yoga focuses on relaxing the body in restful postures and help us learn to relax and rest deeply and completely.

Shoulders, Hips & Hamstrings : A yoga class that focuses on opening the shoulders, hips and hamstrings to create increased range of movement and flexibility in those areas and can alleviate back pain, bad posture and knee issues. For all levels.

Soma Yoga: is a combination of somatic movements & yoga relaxation techniques. These movements and techniques are designed to bring mind body awareness resulting in decreased stress response, decreased pain, and increased movement and enjoyment of life.

Therapeutic Yoga : Therapeutic yoga is an extremely effective practice for those recovering from, or living with, injury or illness. It blends gentle and restorative yoga breathing techniques,

Fusion journey: This class led by Master Teacher Natasja Payne, will start off with powerful Himalayan Yoga techniques of Pranayama, and Kriya followed by a challenging asana practice and ends with a beautiful deep meditation and/or shavasana. This class is suitable for those who have some pranayama, and yoga experience. The purpose of this class is to access the subtler levels of our bodies.body.

YogaSculpt + Yoga with Weights : Yoga Sculpt & Yoga with Weights is a yoga class that incorporates hand held weights (1lbs, 2lbs &3lbs) and/or ankle weights. This class provides the best of both worlds; while increasing strength and muscle tone we also create more length and lean muscle mass.

Yoga Tune Up® is a fitness therapy format built around the three P's – Pain, Posture and Performance. It helps eradicate pain, improve posture and enhance performance through a unique blend of Corrective Exercise, Self Massage and Yoga postures.

CORE Yoga : In this class we strengthen our entire core, from shoulders to mid thighs using a wide variety of exercises from various disciplines (Pilates, CrossFit & Yoga), core stability is key for proper alignment and balance in asana yoga practice. This class is excellent for those who suffer from low back pain due to lack of strength in abdominal muscles. (30mins class)

Pilates : Pilates engages the body and the mind through a series of controlled movements that will lengthen and strengthen your muscles without adding bulk. These movements improve the mind-body connection, alignment and posture, mental alertness while helping to develop a strong core. In this class some props will be used including resistance bands, foam rollers and blocks.

