

Monday	Class	level	studio	teacher
9:30 - 10:30	Pilates	2	jala	Laura
9:30 - 10:30	Hatha Yoga	1/2	shakti	Michelle
12:00 - 1:00	Flow Yoga	2	shakti	Natasja
5:30 - 6:30	Beginner Yoga	1	shakti	Breanna
5:45 - 6:45	Yoga with Weights	2	jala	Christina
7:00 - 8:00	Hatha Yoga	2	jala	Breanna
7:15 - 8:15	HOT Flow Yoga	2	shakti	Melanie
8:15 - 9:15	Yin Yoga	1	jala	Krista
Tuesday	Class	level	studio	teacher
9:30 - 10:45	Flow Yoga	2	shakti	Natasja
10:30 - 11:45	Hatha Yoga	1/2	jala	Kate
5:45 - 7:00	Warm Restorative	n/a	shakti	Kate
5:45 - 6:45	Flow Yoga NEW	2	jala	Olivia
7:00 - 8:00	Shoulders, Hips & Hamstrings	1/2	jala	Christina
7:15 - 8:30	HOT Flow Yoga	2	shakti	Kate
8:15 - 9:15	Pilates	2	jala	Laura
Wednesday	Class	level	studio	teacher
9:30 - 10:30	Shoulders, Hips & Hamstrings	1/2	shakti	Christina
12:00 - 1:00	Flow Yoga	2	shakti	Laurel
5:30 - 6:45	Therapeutic Yoga	n/a	shakti	Natasja
5:45 - 6:45	Long & Lean	2	jala	Christina
7:00 - 8:00	Luminous yoga	1/2	jala	Jeff
7:00 - 8:15	HOT Flow Yoga	3	shakti	Natasja
8:15 - 9:15	Yin Yoga	n/a	jala	Jeff

Thursday	Class	level	studio	teacher
9:30 - 10:30	Pilates	2	jala	Laura
9:30 - 10:45	Yin/Yang	1/2	shakti	Kate
5:00 - 6:00	Hatha yoga	1/2	jala	Bryhnn
6:00 - 7:00	Flow Yoga	2	shakti	Breanna
6:15 - 7:15	Barre Yoga	2	jala	Kate
7:30 - 8:30	Gentle Flow yoga <b>NEW</b>	1/2	jala	Lucy
7:30 - 8:45	Warm Restorative	n/a	shakti	Kate
Friday	Class	level	studio	teacher
9:30 - 10:45	Therapeutic Yoga	n/a	shakti	Natasja
11:00 - 12:15	Flow Yoga	1/2	shakti	Natasja
7:15 - 8:15	Flow yoga	2/3	shakti	Kate
Saturday	Class	level	studio	teacher
8:30 - 9:30	Yoga Sculpt	2	jala	Christina
10:00 - 11:00	Shoulders, Hips & Hamstrings <b>NEW</b>	1	jala	Christina
10:00 - 11:15	HOT Flow Yoga	2/3	shakti	Natasja
Sunday	Class	level	studio	teacher
10:30 - 11:45	Community Yoga \$5	2	shakti	Krista/Marta
7:00 - 8:00	Community Yoga \$5	1/2	shakti	Bryhnn
<b>336 Eagle St. N. unit 2J/2H   Cambridge ON</b> <b>519.653.0090 <a href="http://www.fusionmovement.ca">www.fusionmovement.ca</a></b>				

**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.

**WINTER  
2018  
SCHEDULE**

JANUARY 08 -  
APRIL 01, 2018

# CLASS DESCRIPTIONS

New students   First Visit	
First Visit	\$14
1 month	\$45
Class Cards great when practicing once or twice a week	
Single Class	\$17
Single Class Youth (11 -16)	\$10
Single Class Child (3 - 10)	\$8
5 Class Card	\$78
10 Class Card	\$130
20 Class Card	\$235
Monthly Memberships great when practicing twice or more a week	
VIP 12 months*	\$80
Fusion 6 months*	\$90
1 month	\$99
Pilates membership	
1 month	\$70
Youth membership	
1 month 11-16yr	\$45
<p>ALL PRICES INCLUDE HST. * 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</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)..

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

**Power Yoga :** This class is suitable for ALL LEVELS. It's a powerful blend of Vinyasa and Astanga yoga. This powerful, energetic, playful, flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class.

**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.

**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,

**Long & Lean :** Designed to tone your entire body, creating longer, leaner muscles, we combine movements from Barre, Pilates and Yoga to build strength, and tone with fluidity and grace.

**Yoga with Weights:** This Flow yoga uses light hand weights & resistance bands to tone & sculpt while short cardio bursts will elevate your heart rate for max. cardio and fat burn.

**Yin Yoga:** Yin yoga is a practice that brings you deeper within your energetic body. You will experience Yin yoga postures and mudra hand positions to unblock the energy meridians that run throughout the body. Support your health and healing through cultivating balance and harmony through deepening your ability to recognize the messages of the body; enhancing your sensitivity to the flow of subtle energy, and releasing the limiting beliefs that nurture challenging emotions and thoughts.

**Yin/Yang Yoga:** Yin/Yang yoga classes combine a powerful vinyasa flow sequence with yin yoga. The vinyasa cultivates yang energy by focusing on developing stamina and strength, whereas the yin sequence aims to stretch the deep and dense connective tissues in the body with long and passive holds.

**YogaSculpt:** Yoga Sculpt & Stretch 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.

**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.

**Kids Birthday Parties:** An hour yoga class followed by an hour in the party room. (yoga mats & fridge provided)

