

Monday	Class	level	studio	teacher
9:30 - 10:30	Pilates	2	jala	Laura
9:30 - 10:45	Flow Yoga	1/2	shakti	Breanna
12:00 - 1:00	Flow Yoga	2	shakti	Natasja
5:30 - 6:30	Beginner Yoga	1	shakti	Breanna
5:45 - 6:45	HIIT(Yoga 45mins) + CORE (15mins) NEW	2	jala	Christina
7:00 - 8:00	Hatha Yoga	2	jala	Breanna
7:15- 8:15	HOT Flow Yoga	2	shakti	Melanie
Tuesday	Class	level	studio	teacher
9:30 - 10:45	Flow Yoga	2	shakti	Natasja
10:30 - 11:45	Hatha Yoga	1/2	jala	Breanna
5:45 - 7:00	Warm Restorative	n/a	shakti	Edie
5:30 - 6:30	YogaTune UP	n/a	jala	Laurel
7:15- 8:30	HOT Flow Yoga	2/3	shakti	Laurel
7:00 - 8:00	Shoulders, Hips & Hamstrings	1/2	jala	Christina
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
5:45 - 6:30	HIIT Yoga NEW	2	jala	Christina
6:30 - 7:00	COREYoga NEW	2	jala	Christina
5:30 - 6:45	Warm Therapeutic	n/a	shakti	Natasja
7:00 - 8:15	HOT Flow Yoga	3	shakti	Natasja
7:15- 8:15	Luminous Yoga NEW time	1/2	jala	Jeff

Thursday	Class	level	studio	teacher
9:30 - 10:45	Yin/Yang Yoga	1/2	shakti	Breanna
9:30 - 10:30	Pilates	2/3	jala	Laura
5:00 -6:00	Hatha Yoga	1/2	jala	Bryhn
6:00- 7:00	HOT Flow Yoga NEW	1/2	shakti	Jessica
6:15 -7:15	BARREYoga	2	jala	Breanna
7:30 - 8:30	Soma Yoga NEW	1	jala	Bryhn
7:30 - 8:45	Warm Restorative	n/a	shakti	Helene
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	Melanie
Saturday	Class	level	studio	teacher
8:30 - 9:30	YogaSculpt	2/3	jala	Christina
9:35 - 10:05	Shoulders, Hips & Hamstrings (30mins)	n/a	jala	Christina
10:15 - 11:15	Foundational Flow	1	jala	Breanna
10:15 - 11:30	HOT Flow Yoga	2/3	shakti	Natasja/ Laurel
Sunday	Class	level	studio	teacher
9:00 - 9:45	HIIT Yoga NEW	2	jala	Christina
10:30 - 11:45	Community Yoga \$5	2	shakti	Marta
Pre-register Program				
Yoga for Kids 6 classes \$72 (incl. HST) Saturday @ 12:30pm - 1:15pm (Jan 12, 19, 26, Feb 2, 9, 16)				
Balance Pilates training(6 classes) \$113 (incl.HST) Wednesday@ 9:30am (60mins) Jan 16, 23, 30, Feb 6, 13 & 20				

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 SCHEDULE 2019

December 17- April 30, 2019

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

519.653.0090
fusionmovement.ca

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 WHEN SIGNING UP BEFORE YOUR FIRST ONE MONTH UNLTD EXPIRES RECEIVE 10% OFF THE BELOW POSTED RATES.	
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)

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,

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 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.

