

Hot Yoga Escape Classes
in the Ariel Foundation Park
Tuesdays 6:30pm-7:30pm

Date	Class	Teacher	Class Description
June 5	HYE 60	Lori McKee	Hatha-based yoga consisting of 26 postures and 2 breathing exercises-one set of everything-all levels!
June 12	Inferno Hot Pilates	Michelle Blubaugh	Pilates principles while interval training at low impact, high intensity FUN!-all levels!
June 19	Vinyasa Flow	Sam Bartram	Full body yoga flow uniting breath and movement. Work up a sweat as you strengthen, detoxify, and balance your body with challenging postures, inspiring music, and hands-on adjustments-all levels!
June 26	Yin	Sam Bartram	This yoga practice focuses on your hips and working your yin tissues consisting of ligaments, fascial networks, joints and even your bones. Postures are held 1-8 minutes. This yoga is the YIN to your more physical YANG yoga/exercise-all levels!
July 3	HYE 60	Charlene Bland	Hatha-based yoga consisting of 26 postures and 2 breathing exercises-one set of everything-all levels
July 10	Inferno Hot Pilates	Michelle Blubaugh	Pilates principles while interval training at low impact, high intensity FUN-all levels!
July 17	Vinyasa Flow	Michelle Ohde	Full body yoga flow uniting breath and movement. Work up a sweat as you strengthen, detoxify, and balance your body with challenging postures, inspiring music, and hands-on adjustments-all levels!
<i>July 24</i>	<i>NO CLASS</i>	<i>Fair Week</i>	
July 31	Yin	Lorraine Ferre	This yoga practice focuses on your hips and working your yin tissues consisting of ligaments, fascial networks, joints and even your bones. Postures are held 1-8 minutes. This yoga is the YIN to your more physical YANG yoga/exercise-all levels.
Aug 7	HYE 60	Natalie Sekavec	Hatha-based yoga consisting of 26 postures and 2 breathing exercises-one set of everything-all levels
Aug 14	Inferno Hot Pilates	Lissi Fuller	Pilates principles while interval training at low impact, high intensity FUN!-all levels