



# SUMMER YOGA SCHEDULE

## MONDAY

10:30am-11:45am Beginner Yoga (Warm) w/Linda Sieck  
6:00pm-7:15pm Flow (Warm) w/Linda Sieck

## TUESDAY

9:15am-10:30am Energetic Flow (Hot) w/Tatiana Tosi  
10:45am-12:00pm Align & Refine w/ Tatiana Tosi

## WEDNESDAY

10:30am-11:45am Beginner Yoga (Warm) w/Linda Sieck  
6:00pm- 7:15pm Flow (Warm) w/ Linda Sieck

## THURSDAY

9:00am- 10:15am Flow (Warm) w/Cathy Mandrioli  
10:30am- 11:45am Flow (Warm) w/ Cathy Mandrioli

## FRIDAY

9:00am-10:15am Stretch & Strength w/ Deb Bendetson  
10:30am- 11:45am Power Flow (Hot) w/ Deb Bendetson

## SATURDAY

9:00am-10:30am Flow (Hot) w/ Tony Bartone

## SUNDAY

9:30am-10:45am Flow (Hot) w/ Kate Harrington

**WHAT IS VINYASA?** Vinyasa is the linking of body movement with breath. It is a specific sequence of breath-synchronized movements used to transition between sustained postures. It is essential to set an intention for one's personal yoga practice. Our instructors will guide you in taking the necessary steps toward reaching that goal.

**All classes are ALL LEVELS** with the exception of Saturday Class with Tony; which is not recommended for beginners or anyone under 18.

**ROOM TEMPERATURES:** Warm room will be heated between 78 and 88, Hot room will be between 88 and 98. Room temperatures may vary with size of class and teacher.

Contact Group Ex Director Nate McGregor for more information: [nmcgregor@bossesports.com](mailto:nmcgregor@bossesports.com)