



Hayden Yoga Schedule

95 W. CENTA AVE. ~ HAYDEN, IDAHO 83835 ~ 762.5777

3/15/21

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
7:00 to 7:50 AM		Warm & Gentle Yoga Sandra		Warm & Gentle Yoga Sandra			
8:00 to 8:55 AM	Warm & Gentle Yoga Roni						
9:00 to 10:00 AM							Warm & Gentle Yoga Sierra
9:15 to 10:15 AM	Yoga Danielle	Forever Fit Yoga Blend Sarah		Forever Fit Yoga Blend Ashley		Forever Fit Yoga Blend Sarah	
10:30 to 11:30 AM			Hot Yoga Sandra		Warm & Gentle Yoga Sandra		
6:00 to 7:00 PM			Hot Yoga Sierra		Hot Yoga Sierra		
7:00 to 8:00 PM		Hot Yoga Roni		Hot Yoga Sandra			



Class reservations are made on the Mind Body App. No show fee = \$5

ALL classes now require a reservation in advance on the MindBody App. Class Sizes Are Limited. You may sign up no more than 2 days ahead of the scheduled class. Please cancel on MindBody at least 1-hour in advance if you are not able to make the class, so other members may attend. There is a \$5.00 no show charge.

****Policy for all classes: Participants must be signed up on MindBody and present in class 5 minutes prior to the class start time, or any other waiting participant may take your reserved spot.**

WWW.thePEAKid.com

208-762-5777

***Adjusted PEAK Hours: Monday – Friday 5 AM to 8 PM & Saturday – Sunday 7 AM to 6 PM**



Yoga Descriptions

**All Classes Now Require Advance Sign-up on the Mind Body App to Reserve Your Spot.
All Class Sizes Are Limited.**

FOREVER FIT YOGA BLEND ~ A blend of yoga disciplines that combines poses into a flowing series creating warmth and energy. This continuous movement will increase strength, balance and range of motion. This, shoe friendly, class does not include floor exercises. (no lying down on the floor) A chair is available for balance, support, seated pose options and final relaxation. This class targets the sedentary, the active older adult and the beginner.

WARM & GENTLE YOGA ~ A slower, kinder class for those who are seeking a softer approach to opening the body and growing within the postures. Focuses on soothing warm-up stretches and gentle, strength building poses. This class moves at a slower pace with emphasis on alignment, centering, balancing and breathing. Ideal class for beginning practitioners, older students, or those who prefer a more moderate Hatha form of yoga. (Room temperature 73 – 75 degrees)

HOT YOGA ~ A vigorous, challenging, calorie-burning form of yoga in a hot room (85 degrees), that continuously flows through a sequence of poses which are connected to the breath. A great class for developing strength, balance, flexibility and stamina.

Group Fitness Punch Cards are now being accepted from local residents and are now available for purchase by local residents effective June 1st

FEES Members: Free Non-Members: \$128.00 for sixteen punch card pass, or 1 class \$12.00
Contact your doctor before starting an exercise program in case of existing heart problems, pain, or other physical problems.

For More Information, Contact Linda Yates, Group Fitness Director at 762.5777