

Mind-Body Studio Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Harmony Yoga 8 am		Harmony Yoga 8 am		
Restorative Yoga 8:15 am – 9:45 am				Yin Yoga 8:15 am – 9:45 am	
Yin Yoga 5:30 pm – 7:00 pm		Restorative Yoga 5 pm – 6:30 pm			
*First come, first served basis. *Please arrive on time for all classes to allow for proper warm-up time and less disruption. *Schedule and instructors subject to change without notice. *The instructor will have the door open at least 5 minutes before class starts.					
Class schedules are subject to change. For an update speak to our Health & Fitness reception staff. Before engaging in any Group Fitness program, consult with your physician.			Call: 321-567-2201 or go to parrishhealthandfitness.com		

Harmony Yoga: All levels welcome! Incorporates yoga poses that are practiced with an emphasis on alignment and options for modifications. This class is appropriate for people new to yoga as well as those who have been practicing for some time. *Class Time: 55 minutes*

Yin Yoga: All levels welcome! You will be guided through the postures of dragon, swan, caterpillar and much more as we go deep within the body to open the hips, spine and pelvis. This practice will enhance all other activities.

Restorative Yoga: We begin our practice with the gentle long held postures of Yin Yoga. We then move to a restorative yoga where all postures are supported. Walk away renewed and restored. All levels welcome!

Small Group Training Classes: Pick up a flier and check out our Exclusive Fitness Training in the Mind-Body Studio.