



K & K

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PLEASE SEE MINDBODY APP FOR CLASS MODIFICATIONS

Yoga ~ Health ~ Fitness

Sept/Oct 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--------------------------------------|-----------------------------|---|-------------------------------------|-----------------------------------|-------------------------|
| 8:30 am | | Beginners Yoga Krysten | | All Levels Yoga Krysten | | All Levels Yoga Zach |
| 10:00 am | | | | | | Beginners Yoga Zach |
| 12:00 pm | | | | Recovery Support Group Krysten | | Hatha Yoga Zach |
| 4:00 pm | Weight Loss Support Group Krysten | | PiYo Krysten | | | |
| 4:30 pm | | Sweaty Vinyasa Flow Zach | | Recovery Yoga/Meditation Krysten | | |
| 5:00 pm | PiYo Krysten | | Fat Burning Cardio Hannah Recovery Support Group Krysten | | Relax & Unwind Yoga Krysten | |
| 5:30 pm | | Restorative Yoga Zach | | Beginners Yoga Krysten | | |
| 6:00 pm | Recovery Support Group Krysten | | Nutrition Class Hannah Recovery Yoga/Meditation Krysten | | Recovery Support Group Krysten | |
| 6:30 pm | | Body Pump Hannah | | | | |

Class Descriptions

PiYo: combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean and incredibly defined.

Hatha Yoga: a set of physical exercises (known as asanas or postures), and sequences of asanas, designed to align your skin, muscles, and bones.

Sweaty Vinyasa Flow Yoga: This is a vinyasa based class designed for the student that wants to be physically challenged in this sweaty fun flow. We move through a rigorous and well-balanced flow that focuses on strength and heat building.

Restorative Yoga: is a practice that is all about slowing down and opening your body through passive stretching.

Relax & Unwind Yoga: is a gentle slow flow yoga that focuses on relaxing your mind and body.

Recovery Yoga/Meditation: involves purposely paying attention to the present moment. It also involves being aware of thoughts, feelings, and emotions as they occur without being carried away by them. Recovery Yoga/Meditation is a non-judgmental form of observation and exercise.

Fat Burning Cardio: is a low impact intense fat-burning cardio workout.

Body Pump: is an upbeat light weightlifting class that tones, strengthens, and conditions your body.

Recovery Support Group: plays a vital role in substance abuse treatment, and research has shown that active involvement in support groups significantly improves the likelihood of remaining clean and sober.

Weight Loss Support Group: is for anyone looking for support in dealing with Weight Loss.

CAN BE MODIFIED FOR ALL LEVELS **INTERMEDIATE/ADVANCED**