

Schedule of Yoga Classes

Go To: [Aerobic Schedule](#) | [Spin Schedule](#) | [Aqua Aerobic Schedule](#) | [Pilates Schedule](#)

All Schedules are subject to change due to unforeseen circumstances.

If you would like to know who is teaching the classes, call the club at [248-642-8500](tel:248-642-8500)

Yoga is beneficial for everyone. Postures stretch and tone. Muscles, joints, internal organs, and the nervous system all benefit from the poses, which have been used for thousands of years to maintain fitness as well as to treat specific physical injuries and ailments.

Day	Class Time	Class Type
Monday	7:30-8:30pm	Ashtanga
Tuesday	10:30-11:30am	Hatha
Wednesday	7:30-8:30am	Hatha Yoga
Wednesday	7:30-8:30pm	Vinyassa
Thursday	10:30-11:30am	Hatha
Friday	8:15-9:15am	Hatha
Friday	6:30-7:30pm	Yoga Fusion
Saturday	8-9am	Hatha
Saturday	**Noon-12:50pm **Click Here to find out details & exact dates of Yoga Moms >>	Yoga Moms (When the sessions run)
Sunday	10:30-11:30am	Vinyassa

Astanga Yoga: This power Yoga class offers the opportunity to increase strength, flexibility, balance and inner peace.

Hatha Yoga: Enjoy a complete body workout that involves strengthening, toning and stretching, all major muscle groups through isolated movements and poses... take it down a notch and you have Gentle Hatha Yoga.

Vinyassa Yoga: This high energy athletic style connects breath and movement in continuous flow that expands upon the base of Power Yoga.

Yoga Moms: A Pre-Natal Yoga Class. To register, call Beaumont 1-800-633-7377. Click on arrow to find out dates and more info. ➤

Yoga-Lates: A Fusion of the ancient spiritual yoga practice with the core stabilizing, functional and regenerative dynamics of Pilates!

.Wake-Up & Flow : Beat the Heat and Get your Yoga in Early. A high energy Vinyassa class with Janelle!