



# WINTER 2022/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>9:15am-10:15am</b> YoQi Karen			<b>9:15am-10:15am</b> Mindful Flow Phyllis
	<b>12:30pm-1:30pm</b> Lunch Break Yoga Liz	<b>12:00pm-1:00pm</b> Foundations Yoga Karen		<b>12:30pm-1:30pm</b> Lunch Break Yoga Liz	
<b>5:30pm-6:30pm</b> Yoga for your Hips Arti	<b>5:30pm-6:30pm</b> Vinyasa Flow Aly	<b>5:30pm-6:30pm</b> Mixed Level Yoga Mary	<b>5:30pm-6:30pm</b> Gentle Yoga Arti		
<b>6:45pm-7:45pm</b> Yoga for your Back Arti		<b>6:45pm-7:45pm</b> Gentle Yoga Tara		<b>Workshops</b> <i>Check our website for upcoming workshops, class series, or events</i>	

*All classes are Mixed Level/Beginner Friendly unless noted. Classes are subject to change.*

*For the most up-to-date information, check our website or Center Point Wellness app.*

*To see the latest workshops, class series or events, go to [www.CenterPointHackettstown.com/Workshops](http://www.CenterPointHackettstown.com/Workshops)*



<p><b>CLASS DESCRIPTIONS</b></p>	<p><b>Foundations Yoga:</b> Fundamental, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body and the brain. Breathing techniques and meditation are also integrated. You can expect an emphasis on form, repetition, and ease of movement. Full-body rejuvenation, relaxation, and balance are the goals.</p> <p><b>Gentle Yoga:</b> Designed to relieve stress as well as help alleviate joint and nerve tension. This class moves at a gentler pace in order to go deeper into stretches. Beginner friendly, but students are required to move fluently from the floor to standing positions to experience the full benefits. Pranayama (breath) and meditation practices also included.</p> <p><b>Lunch Break Yoga:</b> Looking for a break from work or trying to limit sedentary time? This class includes: yoga stretches, poses, flows and more all while you make your chair work for you as a prop! Discover seated, standing and active stretching poses you can put to use throughout your day outside of the classroom.</p> <p><b>Mindful Flow:</b> Center yourself and move through a vinyasa style yoga flow with thoughtful mindfulness.</p> <p><b>Mixed Level Yoga:</b> This practice is designed in accordance with the season, weather and the group's energy. Flowing movements, breath awareness and meditation in a non competitive, lighthearted and compassionate atmosphere. You will also learn ways to incorporate self massage, boost the immune system and use props for deepening as well as supportive postures.</p> <p><b>Vinyasa Flow:</b> This class incorporates asanas (yoga poses) and flowing, meditative movements synchronized with pranayama (breath) for the ultimate mind-body bliss.</p> <p><b>Yoga for your Hips:</b> Strong hips help support your knees and lower back. This class is specifically designed to promote open hip flexors and exercise full range of motion. An excellent choice for people who sit for long periods of time.</p> <p><b>Yoga for your Back:</b> Our spine and surrounding muscles are the support system for the entire body. This class helps students to strengthen the core, release tight muscles and alleviate back pain through spirited and supportive yoga sequences.</p> <p><b>YoQi:</b> Explore the life force matrix through breath and mindful movement flow with the fusion of Yoga and Qigong.</p>
<p><b>PRICING</b></p>	<p><b>Class Drop-In Rate:</b> \$15  <b>Studio 10 Class Pass:</b> \$125  <b>Monthly Unlimited Class Memberships:</b> Choice \$99   Deluxe \$179   Ultimate \$299</p>
<p><b>CREATE YOUR OWN</b></p>	<p><b>Don't see a class on the schedule that works for you? Create your own!</b> Customized private yoga classes, group stretching, guided meditations, fitness boot camps, athletic training, personalized workshops and more! Design a program, class series or workshop that's best for your goals &amp; your schedule. Available for individuals and groups. Single sessions, 4 session and 8 session packs available.</p> <p><b>To learn more, or schedule, please contact us:</b>  <b>Email:</b> <a href="mailto:hello@centerpointhackettstown.com">hello@centerpointhackettstown.com</a>  <b>Phone:</b> 908.850.1500</p>