



WINTER 2023

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:15am-10:15am YoQi Karen			9:15am-10:15am Mindful Flow Phyllis
					10:30am-11:20am Salt Cave Open Session
	11:30am-12:20pm Salt Cave Open Session	11:30am-12:20pm Salt Cave Open Session		11:30am-12:20pm Salt Cave Open Session	
12:30pm-1:20pm Salt Cave Open Session	12:30pm-1:30pm Lunch Break Yoga Liz	12:00pm-1:00pm Foundations Yoga Karen	12:30am-1:20pm Salt Cave Open Session	12:30pm-1:30pm Lunch Break Yoga Liz	
4:30pm-5:20pm Salt Cave Open Session	4:30pm-5:20pm Salt Cave Open Session	4:30pm-5:20pm Salt Cave Open Session	4:30pm-5:20pm Salt Cave Open Session	Workshops & Events Check our website for upcoming workshops, class series and more, or book your own private event	
5:30pm-6:30pm Yoga for your Hips Arti	5:30pm-6:30pm Vinyasa Flow Tara / Phyllis	5:30pm-6:30pm Mixed Level Yoga Mary	5:30pm-6:30pm Gentle Yoga Arti		
6:45pm-7:45pm Yoga for your Back Arti		6:45pm-7:45pm Gentle Yoga Tara			

The yoga studio opens 15 minutes before each class start time. All classes are Mixed Level/Beginner Friendly unless noted.
 Classes are subject to change. For the most up-to-date information, and for inclement weather cancellations, check our website:
www.CenterPointHackettstown.com/Classes or the Center Point Wellness app.
 Visit our website to see the latest events: www.CenterPointHackettstown.com/Workshops

350 Willow Grove Street, Hackettstown, NJ 07840 | www.CenterPointHackettstown.com | 908.850.1500



<p>CLASS DESCRIPTIONS</p>	<p>Foundations Yoga: 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>Gentle Yoga: 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>Lunch Break Yoga: 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>Mindful Flow: Center yourself and move through a vinyasa style yoga flow with thoughtful mindfulness.</p> <p>Mixed Level Yoga: 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>Salt Cave Open Session: Relax quietly and mindfully, with meditative music, in our Himalayan Salt Cave with up to 5 other participants.</p> <p>Vinyasa Flow: This class incorporates asanas (yoga poses) and flowing, meditative movements synchronized with pranayama (breath) for the ultimate mind-body bliss.</p> <p>Yoga for your Hips: 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>Yoga for your Back: 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>YoQi: Explore the life force matrix through breath and mindful movement flow with the fusion of Yoga and Qigong.</p>
<p>PRICING</p>	<p>Yoga Class or Salt Cave Open Session Drop-In Rate: \$15 Studio 10 Class/Salt Cave Open Session Pass: \$125 Monthly Unlimited Class Memberships: Choice \$99 Deluxe \$179 Ultimate \$299</p>
<p>CREATE YOUR OWN</p>	<p>Don't see a class on the schedule that works for you? Create your own! Customize private yoga classes, guided meditations, fitness boot camps, athletic training, personalized workshops and more! Design a program, class series or workshop that's best for your goals & your schedule. Available for individuals & groups. Single sessions, 4 session and 8 session packs available.</p> <p>Private Events & Wellness Retreats also available!</p> <p>To learn more, or schedule, please contact us: Email: hello@centerpointhackettstown.com Phone: 908.850.1500</p>