

CINNAMON YOGA



Monday

9:00AM - 10:00AM
Yoga/Cardio Fusion with Pri
in the Studio

Infuses yoga with cardio intervals, strength training and relaxation. Some classic opening, releasing and stretching yoga poses are combined with fitness range of motion exercises along with varied types of cardio ("power, dance, aerobics"), ending with yoga systematic relaxation.

6:15PM - 7:15PM
Tai Chi with Marlon
in the Studio

Tai chi for health aims to improve the quality of muscles and joints externally and to enhance the workings of the body's natural systems internally.

Tuesday

9:30AM - 10:30AM
Hatha/Yin Fusion with Pri
in the Studio

All levels including restricted movement: A conditioning, strengthening and energy opening practice that incorporates balance, flow and solid core work for all levels.

Wednesday

4:00PM - 6:00PM
Tai Chi with Shifu Aubin & Shifu Edison in the Studio

Tai Chi for health aims to improve the quality of muscles and joints externally and to enhance the workings of the body's natural systems internally.

Thursday

9:00AM - 10:00AM
Yoga/Cardio Fusion with Pri
in the Studio

"Practice fusing traditional Hatha Yoga and "core" power exercises to overall strengthen and condition major muscle groups while energizing cardiovascular health."

5:00PM - 6:00PM
Power Vinyasa Yoga with Marcia
in the Studio
A powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements.

Friday

8:00AM - 9:00AM
Yoga/Cardio Fusion with Pri
in the Studio

A powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements.

9:30AM - 10:30AM
Fusion of Yoga and Pilates
Yogalates with Lesley
in the Studio

Experience strength, ease and tension release on our beautiful beach front deck. Ride the waves of the breath and move with a dance like flow from Asana to Asana.

5:00PM - 6:00PM
Sunset Salutation with Keshia
in the Studio
Vinyasa flow class (all levels) with active Sun Salutation flows and a sun-setting systematic relaxation at the end.

Saturday

9:00AM - 10:00AM
Pilates with Lesley in the Studio
Develops strength, endurance, flexibility, coordination, balance and good posture.

10:30AM - 11:30AM
Flow Yoga with May in the Studio
Experience strength, ease and tension release on our beautiful beach front deck. Ride the waves of the breath and move with a dance like flow from Asana to Asana.

3:00PM - 5:00PM (RSVP ONLY)
Tai Chi with Shifu Aubin & Shifu Edison in the Studio
Tai Chi for health aims to improve the quality of muscles and joints externally and to enhance the workings of the body's natural systems internally.

