

Autumn/Winter timetable

Effective Tuesday 18th April to Sunday July 16th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am (book by term) Men's Yoga Melanie STUDIO 1	6am (book by term) Fit Yoga Melanie STUDIO 1	6am (1 hr) General Melanie STUDIO 1	6am (book by term) Fit Yoga Katie STUDIO 1	6am (1 hr) Dynamic General Nardine STUDIO 1	
9.30am General Nardine STUDIO 1	9.30am (1.5 hrs) Iyengar Basics Bernie STUDIO 1	9.30am Vinyasa - Refine & Align Amanda STUDIO 1	9.30am Gentle Yoga & Meditation Melanie STUDIO 1	9.30am General Nardine STUDIO 1	9.30am General Helen STUDIO 1
4pm (book by term) Kids Yoga Kehry STUDIO 1 (50 mins)		11am Gentle Core Kehry STUDIO 1	9.30am (1.5 hrs) General Iyengar Bernie STUDIO 2		
			11.15am (book by term) Mums & Bubs (55 mins) Melanie STUDIO 1		SUNDAY
5.45pm Dynamic General Nardine STUDIO 2	5.45pm Vinyasa Annie STUDIO 1	5.45pm General Kate STUDIO 1	5.45pm Beginners General Melanie STUDIO 1	5.45pm NEW TIME Bikram Simon STUDIO 2	10.30am Gentle Yoga & Meditation Melanie STUDIO 1
6pm Gentle Core Kehry STUDIO 1	5.45pm Prenatal Yoga Melanie STUDIO 2	5.45pm Gentle Core Kehry STUDIO 2	5.45pm Vinyasa - Refine & Align Amanda STUDIO 2		4pm Yin Yoga Kate STUDIO 1
7.20pm Beginners General Jo STUDIO 1	7pm General Leanne STUDIO 1	7pm Yin Yoga Clare STUDIO 1	7pm Gentle Flow Kate STUDIO 1		
7.30pm (book by term) Meditation Kehry STUDIO 2	7.15pm (book by term) Men's Yoga Melanie STUDIO 2		7.15pm (please book) Foundation (1.5 hrs) Melanie STUDIO 2		

Classes run for 75 minutes unless specified.

Download our new 'Vitality Yoga' app to get started today

Studio closed on all Victorian public holidays



Vitality also offers accredited
YOGA TEACHER TRAINING - Est.1993

Beginners welcome

Some yoga experience recommended

Dynamic practice - some yoga experience recommended

What style of yoga is for you ...

Foundation – a one-off class that provides a practical & theoretical understanding of the principles of yoga. We recommend all beginners attend this class, preferably as their first. Bookings essential.

Beginners General – focuses on key postures, sequences & pranayama (breathing) practices that feature in our stronger classes. Students develop correct technique & alignment specific to individual needs for an empowering, safe & lasting practice.

General – a classical yoga class, typical of the Vitality style & our most popular. General classes are a beautiful balance between movement, pranayama (breathing), relaxation & meditation.

Dynamic General – a stronger version of our general class.

Gentle Core – for students who require a gentler practice incorporating postures, relaxation, pranayama (breathing) & meditation to develop a deep sense of calm. Gentle Core is a slower paced class that offers extensive modifications to suit a range of ailments & levels. Gentle Core is suitable for beginner students & pregnant women.

Gentle Flow – a step up from Gentle Core; incorporating modified postures to suit students requiring a gentler practice but with flowing transitions.

Gentle Yoga & Meditation – a Gentle class with strong emphasis on developing mindfulness within postures; concluding with a seated or lying meditation.

Vinyasa – a fun & popular class where sequences of yoga postures are synchronized with the breath to create a flowing practice.

Vinyasa Hot Flow – infrared panels heat studio to 30 degrees.

Vinyasa Refine & Align – flowing sequences with periodic pauses to focus on enhanced alignment within key postures.

Yin Yoga – focuses on holding stretching postures for extended periods, allowing quieter moments for stillness & reflection. A wonderful recovery class for athletes.

Fit Yoga – combination of yoga, Pilates & conventional approach to exercise; builds strength, stability & mobility based in solid anatomical understanding.

Bikram – a specific series of yoga postures to heat & detoxify the body. Our state of the art infrared heating panels heat the room to approximately 35 – 38 degrees.

Iyengar – designed to increase & improve the bodies range of movement through the use of props & strong emphasis on alignment. **Iyengar Basics** is open to all students. General Iyengar is a stronger class & students must have attended 3 basics as a pre-requisite.

Prenatal Yoga – develops strength & maintains flexibility & comfort through pregnancy. Expectant mothers gain invaluable tried & tested tools for labour & motherhood. Suitable from 10 weeks to birth.

Men's Yoga – improve flexibility, mobility & core strength; learn basic mindfulness techniques for managing stress.

Mums & Bubs Yoga – specifically designed to strengthen & stabilise the postnatal body. Babies welcome to attend from 5 weeks up until they are mobile.

Kids Yoga – develops confidence, learning abilities, coping skills, lowers stress levels, & increases balance & co-ordination. Suitable for primary school age children. Classes run for 50 minutes.

Meditation – learn tried & tested mindfulness techniques which form the basis for a consistent meditation practice. Beginners & experienced meditators looking for a new approach are welcome.

How many sessions?

Just one class per week will give your mind a weekly holiday & freer mobility in the body. Two or more classes per week will significantly help improve strength & flexibility while developing stillness within.

PRICING

DIRECT DEBIT

\$30p/w includes
Unlimited Classes a week
+
10% off ALL Vitality workshops

UP FRONT PAYMENT

\$90 for 6 classes
over 7 weeks (Single Pass)

\$145 for 12 classes
over 7 weeks (Double-Up)

\$180 Unlimited classes
over 6 weeks (Unlimited)

COME & GO

\$90 for 5 classes over 3 mths

\$170 for 10 classes over 4 mths

\$20 casual class

Special Offer!

\$100 for 8 week Beginners
course (Start anytime)

Please note, your 6 week pass
can begin at any time.



Find us on Facebook
for up-to-date timetable
changes, workshops
& events.