

Autumn/Winter timetable

effective Monday 11th April till Saturday 9th July, 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*6am (book by term) Fit Yoga Melanie STUDIO 1		*6am (book by term) Fit Yoga Melanie STUDIO 1	*6am (book by term) Fit Yoga Melanie STUDIO 1	
			6am (1hr) NEW TIME Bikram (HOT) Simon STUDIO 2	6am (1hr) NEW TIME Fit Pilates (HOT) Simon STUDIO 2	7.45am Vinyasa Flow (HOT) Simon STUDIO 1
9.30am General Nardine STUDIO 1	*9.30am - NEW TIME Iyengar Yoga Bernie STUDIO 1	9.30am - NEW TIME Vinyasa Flow Nardine STUDIO 1	9.30am Gentle Yoga & Meditation Melanie STUDIO 1	9.30am General Nardine STUDIO 1	9.30am General Prue STUDIO 1
*4pm (book by term) NEW TIME Kids Yoga 5 - 9 yrs Kehry STUDIO 1		11am Gentle Core Kehry STUDIO 1	*11.25am (55 mins) (book by term) Mums & Bubs Melanie STUDIO 1		
*5pm (book by term) NEW TIME Kids Yoga 10 - 13 yrs Kehry STUDIO 1			*12.30pm (45 mins) Lunch Yoga - Starts May Melanie STUDIO 1	REGULAR FRIDAY NIGHT WORKSHOPS	4pm Yin Yoga Kate STUDIO 1
5.45pm - NEW CLASS Dynamic General Nardine STUDIO 2	5.45pm Vinyasa Flow Annie STUDIO 1	5.45pm General Kate STUDIO 1	5.45pm Vinyasa - Slow Flow Annie STUDIO 1		Mini Yoga Retreat every 3rd Sunday of the month at 7.30am (2.5 hours) Bookings required, \$25
6pm Gentle Core Kehry STUDIO 1	5.45pm Prenatal Yoga Melanie STUDIO 2	6pm - NEW TIME Beginners Leanne STUDIO 2	6pm - NEW CLASS Bikram Simon STUDIO 2		
7.30pm (please book) Foundation (1.5 hrs) Kehry STUDIO 1	7pm Beginners Melanie STUDIO 2	7pm - NEW CLASS Yin Yoga Clare STUDIO 1	7pm - NEW TIME Gentle Core Kate STUDIO 1	<i>Vitality Yoga will be closed on all Victorian Public Holidays</i>	
	7pm - NEW TIME General Leanne STUDIO 1	7.15pm (book by term) Meditation course Bronte STUDIO 2			

**Vitality also offers accredited
YOGA TEACHER TRAINING** - Est.1993

Beginners welcome
Some yoga experience recommended
Dynamic practice - some yoga experience recommended

*** Classes marked with an asterix (*) DO NOT run during school holidays.**

What style of yoga is for you ...

Foundation – A one-off class & the first of our 8 week Beginners course that provides a practical and theoretical understanding of the principles of yoga. It is recommended that all beginners attend this class, preferably as their first class. Please book.

Beginners – Beginners Yoga 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 & enduring yoga 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 that incorporates 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. Students need not attend beginner classes first. Gentle Core is suitable for pregnant students.

Gentle Yoga & Meditation – Greater emphasis on meditation

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

Vinyasa Slow Flow – is a perfect way for students to start their Vinyasa practice as it explores popular sequences in a slower pace to ensure correct technique.

Vinyasa Hot Flow – is practiced in a room slightly heated through infrared panels to approximately 30 degrees.

Yin Yoga – Yin Yoga concentrates on holding gentle postures for

extended periods to focus on stretching connective tissues that are often overlooked. This practice allows you to observe the mind & experience a slow & deep meditative state. Greatly beneficial as a recovery class for athletes.

Fit Yoga – A dynamic combination of Vinyasa Yoga, Pilates & conventional exercise to strengthen & tone muscles particularly legs, buttocks, shoulders & core. Melanie Chapman (studio owner) teaches Fit Yoga & places high emphasis on correct technique to ensure maximum benefits. Fit Yoga is booked by term.

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.

Fit Pilates – A fun, energetic Pilates class to strengthen core, legs & buttocks; concluding with yoga postures for deep stretching. Not for students with serious back or neck injuries. Studio is heated to approximately 30 degrees.

Iyengar Yoga – Iyengar Yoga is a yoga class strongly focused on achieving correct alignment through extensive use of yoga props to help correct postural imbalances.

Prenatal Yoga – Prenatal yoga develops strength & maintains flexibility & comfort through pregnancy. Expectant mothers gain invaluable tried & tested tools for labour & motherhood. Suitable from 12 weeks to birth. Gentle Yoga is also appropriate for mums to be.

Mums & Bubs Yoga – Specifically designed for the postnatal body as particular focus is given to strengthening the core and pelvic floor. Babies are welcome to attend from 6 weeks up until they are walking.

Kids Yoga – Kids Yoga develops confidence, learning abilities, coping skills, lowers stress levels, & increases balance & co-ordination. Two age groups are available to ensure your child can attend the most appropriate class.

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

\$30 p/w

– Unlimited Classes a week

\$24 p/w

– Two Classes a Week

UP FRONT PAYMENT

\$90 for 1 class per week
over 6 weeks

\$145 for 2 classes per week
over 6 weeks

\$180 unlimited classes
over 6 weeks

\$20 casual class

Special Offer!

\$100 for 8 week Beginners course (when you purchase your pass at the Foundation class & it is your first class)

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



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