

While there are many styles of yoga, most modern yoga focuses on physical postures called “Asanas” to strengthen, stretch and detoxify the body. At Coppermine Racquet & Fitness, we offer several styles of yoga that provide students with the tools to improve balance, flexibility and overall health.



<b>AGES</b>	<b>17+ Years and Adults</b>
<b>TIME</b>	<b>Weekly 45, 60 or 75 Minute Classes</b>
<b>COST</b>	<b>FREE for All Fitness Members (JOIN TODAY!) Drop In Non-Member Rate: \$15.00 \$125 for 10 Class Package</b>
<b>QUESTIONS</b>	<b><a href="mailto:groupfitness@copperminefitness.com">groupfitness@copperminefitness.com</a></b>

### YOGA FUNDAMENTALS

This class focuses on proper form and alignment. Poses are taught at a slower pace to create greater understanding and deepen students' practices. All levels. Non heated.

### NON-HEATED YOGA FLOW

This style is characterized by flowing poses and sequences linked to breath in a non-heated room.

### YOGA WITH WEIGHTS

This class integrates external resistance into your vinyasa style yoga practice. You will use hand weights to build strength, focus, muscle awareness, and flexibility. This class is held in a warm room. Bring your yoga mat or borrow one from the studio. Be ready to have fun and sweat!

### ALIGN & EXCEL

This class is designed to develop ease, healthy alignment and body awareness. Props and adjustments are made in postures to aid in awareness.

### BEGINNER YOGA

The style of this class is to learn basic yoga postures as well as proper form. The instructor will offer modifications. Non heated.

### HOT POWER YOGA

Taught in a heated room, this style works through poses and sequences linked to breath. Sequences will vary with each instructor.

### HOT POWER VINYASA

Come wring out your week with this invigorating and detoxifying power Vinyasa flow. The inclusion of both strong and graceful postures will cultivate balance within.

### YIN VINYASA

A meditative style of yoga focusing on passive stretching targeting connective tissues, such as ligaments, bones, and joints. This class is a slow paced style of yoga with postures that are held for longer periods of time.