



GROUP FITNESS YOGA

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.



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

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.

YOGA GROUP FITNESS SCHEDULE

VISIT OUR WEBSITE FOR UP TO DATE SCHEDULES AND POLICIES

KID ZONE HOURS:

MON-FRI: 8AM-2PM • MON-FRI: 5-8PM • SAT & SUN: 8AM-12PM

COPPERMINE RACQUET & FITNESS		1 420 CLARKVIEW ROAD BALTIMORE, MD 21209				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am (60min) HOT POWER YOGA Dani	6:15am (60min) HOT POWER YOGA Heather	6:15am (60min) HOT POWER YOGA Dani	6:15am (60min) HOT POWER YOGA Maria		
		8:15am (60min) YOGA AND WEIGHTS Anita		8:15am (60min) HOT POWER YOGA Nila	8:15am (60min) YOGA: THE FUNDAMENTALS Nancy	
	8:30am (75min) HOT POWER YOGA Dani		8:30am (75min) HOT POWER YOGA Dani			
9:30am (75min) HOT POWER YOGA Allison		9:30am (75min) HOT POWER YOGA Robin		9:30am (75min) HOT POWER YOGA Taylor	9:30am (75min) HOT POWER YOGA Nila	9:00am (75min) YIN VINYASA Michel Lyn or Kristen
			10:00am (60min) HOT POWER YOGA Allison		10:15am (75min) BEGINNER YOGA Alison B	10:30am (60min) YOGA & WEIGHTS Lauren Z
12:15pm (45min) NON-HEATED YOGA Kristen	12:15pm (45min) HOT POWER YOGA Allison	12:15pm (45min) ALIGN & EXCEL IYENGAR YOGA Amy M Studio A		12:15pm (45min) IYENGAR YOGA: FUNDAMENTALS Amy M Studio A		
6:00pm (75min) HOT POWER YOGA Dani	6:00pm (75min) YIN VINYASA Lindsay			6:00pm (75min) YIN VINYASA Stephany		
		6:30pm (60min) HOT POWER YOGA Dani	6:30pm (60min) FUNDAMENTAL YOGA Kristen Studio A			

Schedule Effective: January 31st, 2019

JOIN TODAY!

410-823-2500

WWW.COPPERMINEFITNESS.COM