



Grantham Plaza
 400 Scott Street
 St. Catharines
 (905) 682-4469
 www.lostnfoundyoga.com

DROP IN SCHEDULE PRICING

Unlimited Memberships

Monthly Autopay Membership <i>(3 Month minimum commitment)</i>	\$85/month
12 Month Membership <i>(prepaid in full)</i>	\$900
3 Month Membership <i>(prepaid in full)</i>	\$260
1 Month Membership	\$125

Member Benefits

- Unlimited access to all In-Studio classes on the Drop-In Schedule
- Unlimited access to all Live In-Studio Simulcast classes
- Unlimited access to all Live At-Home Simulcast classes via Zoom (25+ classes weekly)
- Unlimited access to all REWIND In-Studio Simulcast classes
- Unlimited access to 3 NEW daily Online Yoga Video Classes sent by e-mail every morning at 6:00AM
- Unlimited access to Online Yoga Video Library on **lostnfoundyoga.com** with 800+ classes and growing
- 10% off Regular Retail Prices excluding consignment items
- 10% off Select Workshops
- 2 Free mat/towel rentals per month
- 2 Free Guest Passes per quarter

Class Passes

20 Class Pass (5 year expiration)	\$250
10 Class Pass (6 month expiration)	\$145
5 Class Pass (6 month expiration)	\$80
Drop-in Class	\$17

Students and Seniors (60+) receive 10% off above prices.

Please note that HST will be added to all the above prices upon purchase.

Sign up online or on our Mobile App!! Log onto your account and sign up for any Drop-In Class from fourteen days to one hour in advance. Please note that you may cancel up to one hour before the class starts. If you do not show up or cancel less than one hour in advance you will still be charged for that class.



Grantham Plaza
400 Scott Street Unit E3-4
St. Catharines

DROP-IN CLASS SCHEDULE

(Effective as of April 5, 2021)

Find yourself on your mat. (905) 682-4469 www.lostnfoundyoga.com

Time	Class	Instructor	Time	Class	Instructor
MONDAY			THURSDAY		
6:30a	Yoga & Weights***	Barb	6:30a	Core Fusion***	Jenna
9:00a	Hot Vinyasa Flow***	Barb	9:15a	Hot Vinyasa***	Julie
9:15a	Hatha*	Monique	9:30a	Hatha*	Fran
9:30a	Mat Pilates**	Heather	9:45a	Hatha**	Heather
9:45a	Vinyasa***	Diana	10:00a	Vinyasa***	Haley
10:30a	Warm Hatha**	Julie	10:45a	Hot Vinyasa Flow	Julie
11:00a	Chair Yoga*	Monique	12:00p	Hatha*	Monique
11:15a	Yoga Ballet Barre**	Diana	4:00p	Hot Vinyasa Flow	Shona
12:00p	Hatha*	Jordan	5:15p	Hot Vinyasa***	Fran
4:00p	Hot Vinyasa***	Jordan	5:45p	Hatha*	Tamara
5:30p	Hatha**	Julie	6:45p	Hot Vinyasa***	Fran
5:45p	Hot Vinyasa***	Tammy	7:15p	Hatha**	Amanda T.
7:00p	Booty Barre**	Valeriia	8:15p	Hot Vinyasa Flow	Shona
7:15p	Hot Vinyasa***	Tammy	FRIDAY		
7:30p	Warm Yin Restorative*	Amanda T.	6:30a	Yoga and Weights***	Barb
TUESDAY			8:30a	Hot Vinyasa Flow	Tamara
6:30a	Core Fusion***	Jenna	9:15a	Vinyasa Flow	Angela
9:15a	Hatha*	Carole	9:30a	Hatha*	Jess
9:30a	Hot Vinyasa***	Barb	9:45a	Hatha Flow**	Diana
9:45a	Yoga Tune Up*	Amanda	10:00a	Hot Vinyasa***	Julie
10:00a	Hatha Flow** (Shapes of Grace)	April	12:00p	Hatha Restorative*	Jess
11:00a	Hot Vinyasa Flow	Barb	3:45p	Hot Vinyasa Flow	Sabrina
12:00p	Hatha*	Fran	4:00p	Warm Hatha*	Haley
4:00p	Hot Vinyasa***	Jordan	5:15p	Hot Vinyasa***	Sabrina
5:30p	Vinyasa Flow***	Jordan	5:30p	Vinyasa***	Christine
5:45p	Hot Vinyasa Flow	Amy	6:45p	Hot Vinyasa Flow	Christine
7:00p	Hatha* (Shapes of Grace)	Nicole	SATURDAY		
7:15p	Hot Vinyasa***	Amy	8:15a	Vinyasa***	Sara
7:30p	Hatha**	Julie	8:30a	Mat Pilates***	Kelsey
WEDNESDAY			8:45a	Hot Vinyasa***	Terra
6:30a	Yoga & Weights ***	Barb	9:45a	Hatha**	Jenna
9:15a	Warm Hatha**	Haley	10:00a	Deep Stretch*	Valeriia
9:30a	Yoga Ballet Barre**	Diana	10:15a	Hot Vinyasa***	Terra
9:45a	Hatha*	Amanda T.	11:15a	Hatha**	Jenna
10:00a	Yoga and Weights***	Heather	11:45a	Hot Yoga Tone***	Haley
10:45a	Hot Vinyasa Flow	Barb	SUNDAY		
11:15a	Vinyasa***	Diana	9:00a	Hot Vinyasa***	Lindsay/Sabrina
11:30a	Hatha* (mask-only)	Amanda T.	9:45a	Hatha**	Monique
11:45a	Chair*	Brier	10:15a	Hatha*	Fran
5:15p	Hot Vinyasa***	Christine	10:30a	Hot Vinyasa***	Lindsay/Sabrina
5:30p	Hatha Flow**	Angela	11:15a	Hatha*	Monique
6:00p	Mat Pilates**	Kelsey	11:45a	Hatha*	Jordan
6:45p	Hot Vinyasa***	Terra	12:00p	Hot Vinyasa Flow	Fran
7:00p	Hatha*	Angela	6:00p	Restorative*	Liz/Jess
7:15p	Restorative*	Teresa	CLASS DIFFICULTY RATINGS		
8:15a	Hot Vinyasa Flow	Terra	*Beginner	**Beginner/Intermediate	***Intermediate/Advanced



Find yourself on your mat.

Grantham Plaza
400 Scott Street Unit E3-4
St. Catharines
(905) 682-4469
www.lostnfoundyoga.com

CLASS DESCRIPTIONS

Aerial Suspension Training**- Perform simple and effective movements on our suspension system using your own body weight and suspension handle bars. A fun, strengthening and challenging workout for all levels and body types! Unwind at the end of the class with a therapeutic savasana in our aerial hammocks. Only 12 spaces available in each class - we highly recommend you reserving your spot online!

Booty Barre** - Booty barre is a fun, energetic class that fuses techniques from Dance, Pilates, and Yoga.

Chair Yoga*- Based on the Hatha Yoga Practice, this class uses props including chairs and promotes balance, strength and flexibility in the practitioner. This gentle class is suited to a mature beginner, persons with little or no experience in yoga and to anyone looking to use yoga to help in rehabilitation from an injury or illness.

Hatha* - Gentle to mid-paced class where you'll learn how to utilize your breath within postures. Feel relaxed, lengthened and toned. Expect to be gently challenged.

Hatha** - More challenging poses with longer time spent in each pose than Hatha* Expect to feel challenged.

Hatha Flow** - Hatha Flow is a mid-paced class that combines Hatha Yoga fundamentals with the flow of a Vinyasa class. Come prepared to move more quickly than a Hatha class but slower than a Vinyasa class. Expect to be challenged.

Hatha Restorative* - This gentle class will combine Hatha yoga poses with the breath, easing you into passive restorative postures. This class helps to open joints, refresh muscles and calm the mind.

Hatha* (Shapes of Grace) - Combines a Hatha practice while holding space for a contemplative Christian meditation.

Hatha Flow (Shapes of Grace)** – Combines a Hatha Flow practice while holding space for a contemplative Christian meditation.

Pilates*** - Learn the fundamental principles of the Pilates method and its basic exercises. Improve your strength, posture and flexibility. In this class, we will stick to the basics, but with modifications to make the exercises more challenging

Restorative* - A quiet, meditative practice - the perfect compliment to a more dynamic and muscular styles of yoga. Postures are done lying passively on the floor in a heated room. The body is held passively in restorative yoga shapes by the use of props. This class will allow you a chance to slow down, be still and be in the present moment without striving.

Vinyasa* (available in hot and non-hot)** - This class is mid to fast paced giving you a vigorous practice. Each instructor will use unique sequencing and fluid transitions to encourage seamless movement in connection with your breath.



Find yourself on your mat. www.lostnfoundyoga.com

Grantham Plaza
400 Scott Street Unit E3-4
St. Catharines
(905) 682-4469

CLASS DESCRIPTIONS

Warm Yin Restorative* - Similar to Restorative, this is a quiet, meditative practice - and the perfect compliment to more dynamic and muscular styles of yoga. Postures are done lying passively on the floor in a heated room. The combination of long-held, passive stretching and heat works to improve flexibility and joint mobility. This practice is suitable for students of all levels, from Beginner to Advanced.

Yoga Ballet Barre** - This workout class fuses ballet and yoga in a unique way to target all of the major muscle groups with simple and repetitive ballet barre exercises. The strength work is immediately complimented with corresponding yoga poses to increase flexibility and improve balance. Ballet experience is not required, but this class is sure to inspire the dancer in you!

Deep Stretch* - If you are looking to focus on enhancing your flexibility, this class can help you. Each posture will be mindfully held for several breaths allowing your body to respond to the stretch to increase flexibility.

Yoga Tone* (available in hot and non-hot) - This intense yoga class is designed to boost your metabolism and build lean muscle mass as you mix strength training exercises into your yoga practice.

Yoga Tune Up®* (YTU) – YTU playfully combines elements of yoga, calisthenics, body therapy and stress reduction. The poses, sequences and routines found in YTU quickly identify and strengthen 'body blind spots' - areas of the body that tend to get underused and are typically the catalyst for pain and injury. YTU approaches the body as a living archaeological dig, probing layers of muscles, tendons, connective tissues and joints, ultimately excavating unhealthy tension patterns and moving you back into physiological balance.

Yoga and Weights*** - A class built around yoga shapes that combines cardiovascular and weight training for total body conditioning. Come prepared to work hard, sweat and enjoy the benefits of adding weights and cardio to your yoga practice.