



Find yourself on your mat.

96 Jarvis Street

Fort Erie

289-476-0132

[www.lostnfoundyoga.com](http://www.lostnfoundyoga.com)

# Class Descriptions

## CLASS DIFFICULTY RATINGS

The star system is used to indicate the difficulty rating of each class.

Please use the following to determine which class is right for you:

- \* Accessible to beginners
- \*\* Beginner/Intermediate
- \*\*\* Intermediate/Advance

### Hatha Yoga

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.

### Yoga Tone

This mid-paced yoga class is designed to boost your metabolism and build lean muscle mass as you mix strength training exercises into your yoga practice.

### Hatha Flow

Mid-paced class that combines Hatha Yoga fundamentals - breath, meditation, and posture - with the flow of a Vinyasa class. Hatha Flow will add a rewarding challenge to your standard Hatha Class. Prepare yourself to move quicker and go with the flow on your mat!

### Vinyasa Flow Yoga

This class is mid to fast paced giving you a vigorous, yet accessible practice. Each instructor will use unique sequencing and fluid transitions to encourage seamless movement in connection with your breath.

### Cardio Sculpt

This class uses body weight as well as simple equipment like dumbbells and medicine balls to build bone density, strengthen muscles and boost metabolism. Come prepared to sweat and work hard! Athletic shoes are recommended, and bringing your own personal weights in an option.



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# Drop-In Class Schedule

## Fees to Drop-in Schedule

### 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 classes on the Drop-in Schedule
- 10% off regular prices retail
- 10% off most workshops
- 2 free mat/towel rentals per month
- 2 free guest passes per quarter

### Class Passes

20 Class Pass <i>(no expiration)</i>	\$250
10 Class Pass <i>(6 month expiration)</i>	\$145
5 Class Pass <i>(6 month expiration)</i>	\$80

*Students/Seniors (60+) receive 10% off above prices*

Drop-in Class	\$17
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*Above prices do not include HST*

### Sign up online or on our Mobile App!

Log on to your account and sign up for any Drop-In Class from fourteen days to 1 hour in advance!

Please note: 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.

### Monday

9:45a Hatha\* Nicole

11:15a Hatha\* Nicole

6:15p Hatha\*\* Jordan

### Tuesday

9:45a Yoga Tone\*\*\* Heather

6:00p Hatha\* Carole

### Wednesday

9:45a Cardio Sculpt\*\* Pat

6:00p Hatha\*\* Amanda

### Thursday

9:45a Hatha\*\* Meaghan

6:30p Hatha\* Michele

### Friday

9:45a Hatha Flow\*\* Amanda

### Saturday

9:45a Hatha\*\* Eivor

### Sunday

9:00a Hatha\*\* Michele