



Find yourself on your mat.

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>	\$99/month
12 Month Membership <i>(prepaid in full)</i>	\$999
3 Month Membership <i>(prepaid in full)</i>	\$300
1 Month Membership	\$140

Member Benefits

- Unlimited access to all In-Studio classes on the Drop-In Schedule
- Unlimited access to all Live At-Home Simulcast classes via Zoom
- Unlimited access to all REWIND In-Studio classes
- Unlimited access to Online Yoga Video Library on lostnfoundyoga.com with 1500+ 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)	\$290
10 Class Pass (6 month expiration)	\$165
5 Class Pass (6 month expiration)	\$90
Drop-in Class	\$20

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.



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DROP-IN CLASS SCHEDULE

(Effective as of September 3, 2022)

Time	Class	Instructor	Time	Class	Instructor
MONDAY			THURSDAY		
6:30a	Yoga & Weights***	Heather	6:30a	Core Fusion***	Donna
9:15a	Hatha*	Monique	9:15a	Hot Vinyasa***	Julie
9:30a	Mat Pilates**	Heather	9:30a	Hatha*	Fran
9:45a	Vinyasa***	Diana	9:45a	Hatha**	Heather
11:00a	Chair Yoga*	Monique	12:00p	Hatha* Express (45-min)	Monique
11:15a	Yoga Ballet Barre**	Diana	4:30p	Hatha** Express (45-min)	Lacey
12:00p	Hatha* Express (45-min)	Fran	5:15p	Hot Yoga Tone***	Haley
4:00p	Hot Vinyasa***	Kathy	5:30p	Hatha* (Shapes of Grace)	Amanda L.
5:30p	Hatha**	Julie	5:45p	Chair Yoga*	Heather
5:30p	Hot Vinyasa***	Kristen	6:00p	Hatha*	Tamika
7:00p	Booty Barre**	Valeriia	6:45p	Hot Vinyasa***	Michelle
7:15p	Hot Vinyasa***	Michelle			
7:30p	Warm Yin Restorative*	April	FRIDAY		
TUESDAY			6:30a	Yoga and Weights***	Robin
6:30a	Core Fusion***	Donna	9:45a	Hatha Flow**	Diana
9:15a	Hatha*	April	10:00	Yin Yoga*	April
9:30a	Hot Yoga Tone***	Barb	10:15a	Hot Vinyasa***	Julie
9:45a	Yoga Tune Up*	Amanda T.	12:00p	Hatha Restorative*	April
12:00p	Hatha* Express (45-min)	April	4:00p	Warm Hatha*	Haley
4:00p	Hot Vinyasa***	Bernice	5:15p	Hot Vinyasa***	Lindsay
5:30p	Hot Vinyasa***	Amanda L.	5:30p	Vinyasa***	Christine
7:00p	Hatha* (Shapes of Grace)	Amanda L.	SATURDAY		
7:00p	Hatha**	Julie	9:30a	Hot Vinyasa***	Terra
WEDNESDAY			9:45a	Hatha*	Sara
6:30a	Yoga & Weights***	Barb	9:45a	Pilates Barre***	Valeriia
9:15a	Hot Vinyasa Flow***	April	11:30a	Hot Yoga Tone***	Lindsay/Stephanie
9:30a	Yoga Ballet Barre**	Diana	SUNDAY		
9:45a	Hatha*	Amanda T.	9:00a	Hot Vinyasa Flow***	Lindsay
10:00a	Yoga and Weights***	Heather	9:45a	Hatha Yoga*	Monique
11:15a	Vinyasa***	Diana	10:30a	Hot Vinyasa Flow***	Lindsay
11:15a	Chair*	Heather	6:00p	Restorative*	Tamara
5:15p	Hot Vinyasa***	Christine	CLASS DIFFICULTY RATINGS		
5:30p	Hatha Flow**	Tamika	*Beginner		
6:00p	Mat Pilates**	Fran	**Beginner/Intermediate		
6:45p	Hot Vinyasa***	Terra	***Intermediate/Advanced		
7:00p	Hatha*	Tamika			
7:15p	Warm Yin Restorative*	Sara			



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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.

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.

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.

Hot Yoga Tone*** - 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.

Mat 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



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Pilates Barre*** - This class fuses the precision of Pilates and strength-based exercises using the barre as a prop to balance as you intensely engage and work muscles you never knew you had! Come prepared to feel your core like never before! You will not only sweat but also have a ton of fun!

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. 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.

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.

Yin Yoga* - Yin Yoga is a slow and mindful practice that targets the deepest layers of our body such as our bones, ligaments and deep fascial network as opposed to our muscles. It's most effective at releasing these areas of your body when practiced in the morning. Practicing Yin Yoga is extremely helpful for managing stress and anxiety because of the stillness and concentrative aspect of this practice. Find yourself refreshed and reconnected to your mind, body and soul!

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!

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.