



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

All of our classes are All Level, unless otherwise indicated on the schedule. They are made to accommodate everyone from beginner to advanced. Modifications are given to make every practice suit where you are in your journey.

Class Descriptions

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. (Also available as Warm Hatha - the room will be heated between 75 - 78F)

Chair/Gentle 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 Restorative

This gentle to mid-paced 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.

Vinyasa Flow Yoga

(Available in Hot and Non-Hot)

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.

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!

Yoga Tone

(Available in Hot and Non-Hot)

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.

Warm Yin Restorative

A quiet, meditative practice - and the perfect complement 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.

Shapes of Grace Hatha/Vinyasa

Shapes of Grace Yoga combines traditional Hatha & Vinyasa yoga, while holding a space for those who want to incorporate contemplative Christian meditation in their practice.

Rolling Hatha

Rolling Hatha playfully combines elements of yoga, self massage and stress reduction. The postures and sequences are designed to identify and strengthen weak parts of the body that are prone to injury due to under-use. Combining traditional Hatha yoga with therapy balls helps access the deeper layers of muscles, tendons, joints and connective tissues to relieve tension and help to get your body back into balance.

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!

Pilates Barre

Pilates Barre 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!

Pilates

Learn the fundamental principles of the Pilates method and its basic exercises. Improve your strength, posture and flexibility.

Yoga and Weights

A traditional yoga class 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.

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.



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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
- Free Child Minding
- 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

Above prices do not include HST

Other Fees

Child Minding Fees:

1st Child	\$3
Each Additional Child	\$2
10 Visit Pass	\$25

Sign up online or on our Mobile App!

Log on to your YBS 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

6:30a	Yoga and Weights (60 mins)	Jenna
9:45a	Child Minding	Staff
9:45a	Hatha	Monique
9:45a	Vinyasa Flow - Non Hot	Diana
9:45a	Pilates - Intermediate (60 mins)	Sarah
11:15a	Chair/Gentle Yoga	Heather
11:15a	Yoga Ballet Barre	Diana
12:00p	Hatha	Jess
4:00p	Hatha Restorative	Amanda
5:30p	Hatha	Julie
5:30p	Hot Vinyasa Flow	Jenna
7:00p	Warm Yin Restorative	Amanda
7:00p	Aerial Suspension Training	Angela
7:00pm	Pilates Barre	Sydney

Tuesday

6:30a	Pilates (60 mins)	Rachel
9:45a	Child Minding	Staff
9:45a	Rolling Hatha	Carole
9:45a	Hot Vinyasa Flow	Angela
9:45a	Shapes of Grace Hatha Flow	April
12:00p	Hatha	Carole
4:00p	Hot Vinyasa Flow	Angela
5:30p	Vinyasa Flow - Non Hot	Angela
7:00p	Hatha	Julie
7:00p	Shapes of Grace Hatha	Nicole

Wednesday

6:30a	Yoga and Weights (60 mins)	Rachel
9:45a	Child Minding	Staff
9:45a	Hatha	Amanda
9:45a	Yoga Ballet Barre	Diana
9:45a	Yoga with Weights	Rachel
11:15a	Vinyasa Flow - Non Hot	Diana
11:15a	Chair/Gentle Yoga	Brier
5:30p	Hatha Flow	Sabrina
5:30p	Hot Vinyasa Flow	Angela
6:00p	Pilates - Intermediate (60 mins)	Sydney/ Sarah
7:00p	Hatha	Amanda
7:00p	Warm Yin Restorative	Angela

Thursday

6:30a	Pilates (60 mins)	Heather
9:45a	Child Minding	Staff
9:45a	Hatha	Heather
9:45a	Yoga Tone - Non Hot	Rachel
9:45a	Pilates - Intermediate (60 mins)	Sydney/ Sarah
12:00p	Hatha	April
5:30p	Hatha	Tara
7:00p	Hot Vinyasa Flow	Tara

Friday

6:30a	Yoga and Weights (60 mins)	Jenna
9:45a	Child Minding	Staff
9:45a	Hatha Flow	Diana
9:45a	Hot Vinyasa Flow	Julie
12:00p	Hatha Restorative	Jess
4:00p	Warm Hatha	Monique
5:30p	Vinyasa Flow - Non Hot	Haley

Saturday

8:15a	Vinyasa Flow - Non Hot	Diana
8:30a	Pilates - Advanced (60 mins)	Sydney
9:45a	Yoga Ballet Barre	Diana
9:45a	Hatha	Jenna
11:15a	Hot Yoga Tone	Haley

Sunday

9:45a	Hatha	Monique
9:45a	Hot Vinyasa Flow	Allison/Heather