



DECEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:30am-12:30pm Chair Yoga Tristina	11:00am-12:00pm Yoga Stretch & Meditation Karen		12:30pm-1:30pm Chair Yoga Tristina	9:15am-10:15am Mixed Level Yoga Arti	
5:30pm-6:30pm Mixed Level Yoga Arti	5:30pm-6:30pm Energy Flow & Breathe (Virtual Only) Karen	5:30pm-6:30pm Mixed Level Yoga Arti	5:30pm-6:30pm Gentle Yoga Arti	Studio Available 2-8pm: Private Lessons, Mini-Classes & Events	Studio Available 12-8pm: Private Lessons, Mini-Classes & Events	

Classes will be offered in person in our studio and also virtually, unless noted on the schedule.

Since space is limited due to lower capacity and social distancing measures,
advance booking is required and we unfortunately cannot accept walk-ins.

For more information about how to join our online classes, please visit www.CenterPointHackettstown.com/classes.

*All classes are Mixed Level/Beginner Friendly unless noted on the schedule.
 Classes are subject to change. For the most up-to-date information, check our website or app.*

350 Willow Grove Street, Hackettstown, NJ 07840 | www.CenterPointHackettstown.com | 908.850.1500



CLASS DESCRIPTIONS	<p>Chair Yoga: One of the gentlest forms of yoga where poses are practiced seated or with the assistance of a chair. This mixed level class will be customized to you with the option to incorporate more standing, balancing and strengthening asanas (poses). An ideal class for beginners, those recovering from injury or living with chronic pain or illness.</p> <p>Energy Flow & Breathe: Engage and explore the fundamentals of energy movement through the utilization of soft flow yoga and Qigong techniques, mindfulness meditations, tapping and centering breathing methods.</p> <p>Gentle Yoga: Designed to relieve stress as well as help alleviate joint and nerve tension. This class moves at a gentler pace in order to go deeper into stretches. Beginner friendly, but students are required to move fluently from the floor to standing positions to experience the full benefits. Pranayama (breath) and meditation practices also included. If you have severe knee/joint injuries, you may be interested in our chair yoga class instead.</p> <p>Mixed Level Yoga: An open flow style yoga. Great for all levels.</p> <p>Yoga Stretch & Meditation: Begin with yoga stretches and prana (breathwork) on the yoga mat to prepare the mind and body for a guided meditation to reduce stress while increasing flexibility. The session ends with a few minutes of journaling or personal reflection to create a sense of balance between mind and body.</p>
PRICING	<p>Class Drop-In Rate: \$15 Studio 10 Class Pass: \$125 Monthly Unlimited Memberships: Studio \$99 Deluxe \$179 Ultimate \$279</p>
PRIVATE EVENTS	<p>To learn more about scheduling private lessons, group mini-classes, special events or corporate retreats during an available time on the schedule, please contact: Email: hello@centerpointhackettstown.com Phone: 908.850.1500</p>