



MAY 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
IN PERSON		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 Yoga for your Hips Arti		5:30pm-6:30pm Yoga for your Back Arti	5:30pm-6:30pm Gentle Yoga Arti		
VIRTUAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Since space is limited due to 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. Classes are subject to change. For the most up-to-date information, check our website or Center Point Wellness app.

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



<p>CLASS DESCRIPTIONS</p>	<p>Chair Yoga: Improve posture, strengthen your core and lengthen your spine by making your chair work for you! This mixed level class is great for training your balance and incorporates active stretching methods. Poses will be customized to you with the option to incorporate more standing, balancing and strengthening modifications using a chair as a prop.</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.</p> <p>Mixed Level Yoga: An open flow style yoga. Great for all levels.</p> <p>Yoga for your Hips: Strong hips help support your knees and lower back. This class is specifically designed to promote open hip flexors and exercise full range of motion. An excellent choice for people who sit for long periods of time.</p> <p>Yoga for your Back: Our spine and surrounding muscles are the support system for the entire body. This class helps students to strengthen the core, release tight muscles and alleviate back pain through spirited and supportive yoga sequences.</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>
<p>PRICING</p>	<p>Class Drop-In Rate: \$15 Studio 10 Class Pass: \$125 Monthly Auto-Renew Unlimited Memberships: Choice Unlimited Classes \$99 Deluxe \$179 Ultimate \$299</p>
<p>CREATE YOUR OWN</p>	<p>Don't see a class on the schedule that works for you? Create your own! Customized private yoga classes, group stretching, guided meditations, fitness boot camps, athletic training, personalized workshops and more! Design a program, class series or workshop that's best for your goals & your schedule. Available for individual sessions or groups of up to 10 students. Single sessions, 4 session and 8 session packs available.</p> <p>To learn more, or schedule, please contact us (online scheduling will be available soon!): Email: hello@centerpointhackettstown.com Phone: 908.850.1500</p>