



Schedule of Classes

(Schedule subject to change. Check our Web site at www.generationsyoga.com for updates.)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.	Open Practice						Hot Yoga (Sarah – 90 min)
9:30 a.m.		Hot Yoga (Sarah – 90 min)	Hot Yoga (Chris R – 90 min)	Hot Yoga (Sarah – 90 min)	Hot Yoga (Chris R – 90 min)	Hot Flow (Christine – 90 min)	
2:00 p.m.			Hot Yoga <i>Express</i> * (Sarah – 60 min)		Hot Yoga <i>Express</i> * (Sarah – 60 min)		
2:15 p.m.		Strength/Stretch* (LC Kristen – 45 min)		Yoga Flow* (LC Christine – 45 min)		Iron Yoga* (LC Jade – 45 min)	
4:00 p.m.	Hot Yoga (4:30) (Chris R – 90 min)	Hot Yoga (Thom – 90 min)		Hot Yoga (Thom – 90 min)		Hot Yoga (Mike – 90 min)	
5:30 p.m.			Hot Core/Pilates* (Wendy – 40 min)		Hot Core/Pilates* (Kristen – 40 min)		
5:45 p.m.		Hot Yoga (Chris R – 90 min)		Hot Yoga (Chris R – 90 min)		Friday Flow (Chris A – 90 min)	
6:15 p.m.			Hot Yoga (Chris R – 90 min)		Hot Yoga (Chris R – 90 min)		
7:30 p.m.		Yoga Fundamentals (Christine – 90 min)		Yoga <i>Express</i> * (Christine – 60 min)			

*Eligible for Yoga express package

Gateway Crossings
10472 Roosevelt Boulevard
St. Petersburg, FL 33716
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Class Descriptions:

Friday Flow: *This end-of-the-week class is a great way to let off steam and stress before the weekend starts. It is a traditional vinyasa flow class that is great for beginners and experienced practitioners alike.*

Hot Core/Pilates: *Intense core training based on Pilates principles. This class will combine heat, traditional Pilates and other core strength training exercises for a great, efficient workout.*

Hot Yoga and Hot Flow : *Hot Yoga features basic Hatha Yoga postures practiced in temperatures between 100° and 105° F. These classes are open to practitioners of all levels – including beginners.*

Iron Yoga: *Yoga and weight training all in one workout. This class is designed to improve lean muscle mass, increase your strength and flexibility, create balance and symmetry, and enhance proper alignment and breathing techniques. All levels welcome.*

Lunch Crunch Flow : *The class will combine yoga styles for a good mid-day practice. Perfect for mid-week refocusing and rejuvenation! All levels welcome.*

Open Practice: *This class is for experienced practitioners only. No beginners will be allowed to participate and the room will be heated to 105°. Come to this class to develop your practice – instructors will not be present.*

Strength and Stretch: *Resistance training for your lower and upper body that will leave you feeling strong and liberated. This class will use high-repetition exercises with resistance to firm up, strengthen and stretch your major muscle groups. All levels welcome.*

Yoga Express: *A great way to fit a Yoga practice into your busy day. We offer express classes at various times to fit your schedule. Classes are designed to meet the needs of persons at all levels. Check out our special package pricing for express classes.*

Yoga Flow : *This class combines breath to movement in a continuous flow of postures creating heat from the inside out. This class builds strength and promotes deep stretching and detoxification. This class is great for beginners with a little more alignment instruction, while challenging for experienced students.*

Yoga Fundamentals: *This class focuses on correct alignment, proper breathing techniques and building a strong practice. Students will benefit from practicing targeted postures and techniques in each class and learning different techniques to increase flexibility. This class is excellent for beginners and for experienced students who want to develop their practice and flexibility.*

***For all classes, please wear comfortable clothing, and bring towels, water and a mat.
Our studio also has mats and water for sale and towels and mats available to rent.***