

# Welcome to *Breathe* Yoga Studio

**Reservation required for classes. Please download our app to schedule!**

[www.ParkwayAthleticClub.com](http://www.ParkwayAthleticClub.com)

Monday	Class Descriptions
9:30am Vinyasa Flow with Sundee H.	<p><b>Gentle/Restorative Yoga</b> A restful practice that is all about slowing down and opening your body through passive stretching. If you take a restorative class, you may hardly move at all, doing just a few postures over the course of an hour.</p> <p><b>Warm Power</b> A dynamic, breath-to-movement flow that builds strength, flexibility, and balance. Expect creative sequences, a steady pace, and options to modify or intensify poses. With options for all levels, you'll leave feeling stronger and energized.</p> <p><b>Slow Burn Yoga</b> Slow Burn classes integrate breath and movement, inner and outer alignment, strength and flexibility.</p> <p><b>Yin Yoga</b> Yin yoga is the perfect practice for a person who works out often, your average athlete. "It is yoga for the joints, not the muscles". Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine.</p> <p><b>Vinyasa Flow</b> This is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga. This type of yoga is good for all levels, modifications are always offered.</p> <p><b>Buti Yoga</b> A modern style of yoga that blends traditional yoga poses with tribal dance, cardio bursts, and spiral core movements.</p> <p><b>Hatha Yoga</b> A traditional yoga that focuses on balancing the body and mind through physical postures, breath control and mindful awareness. The term Hatha refers to a slower paced style that emphasizes holding poses, alignment, and controlled breathing.</p> <p><b>Mellow Flow</b> Mellow Flow yoga is a type of yoga flow that is done at a slower pace. It is a low-impact workout that can slowly help you to build strength and improve flexibility.</p>
10:45am Yin Yoga with Jess K.	
5:30pm Buti/Vinyasa with Jordan R.	
Tuesday	
9:30am Gentle/Restorative Yoga with Kayla P.	
10:45am Stretch & Restore with Kayla P.	
4:00pm Mellow Flow with Marisa B.	
Wednesday	
9:30am Vinyasa Flow with Nichole T.	
10:45am Yin Yoga with Nichole T.	
5:30pm Vinyasa Flow with Jess K.	
Thursday	
9:30am Vinyasa Flow with Jordan R.	
10:45am Gentle/Restorative Yoga with Jordan R.	
Friday	
9:30am Hatha Yoga with Jordan R.	
10:45am Gentle/Restorative Yoga with Jordan R.	
5:30pm Yin Yoga with Katie P.	
Saturday	
9:00am Gentle/Restorative with April E.	
10:30am Vinyasa Flow April E.	
Sunday	
9:30am Warm Power with Sundee H.	



**Follow Us On Instagram @Breathe.Yoga.Pilates**



**Schedule Effective April 01, 2026**