



### Drop-In Class Schedule

**Power Hour**  
with Meg Noonan  
Tuesdays: 9:15 - 10:15 a.m.

**Core Conditioning (Pilates Mat)**  
with Beth Ruder  
Tuesdays: 11am  
Wednesdays: 4pm

### Class Descriptions

**Power Hour Yoga:** A combination of Astanga Yoga and Power Vinyasa in which poses are linked together and synchronized with the breath for a class that is sweaty fun. This class is well-suited for those with some prior experience in yoga or fitness.

**Hatha Yoga:** A gentle practice that incorporates principles from many styles of yoga which promote flexibility, strength, and balance.

**Core Conditioning:** This class will use Pilates Mat principles to super-charge your core muscles. You will use a variety of Pilates props to help to activate and challenge you in movements and choreography.