

218 E Walnut Street in downtown Salina, Kansas

# A WORK IN PROGRESS Yoga Studio

Our **weekly class schedule** is on the back & class descriptions are on our website. Come join us morning, noon, or night. **Your first class is FREE.**

## 3 WAYS TO DONATE FOR CLASSES:

- 1 \$10 Drop-in donation per single class
- 2 \$25 Monthly recurring donation for 5 classes
- 3 \$50 Monthly recurring donation for unlimited classes

**NEW STUDENT SPECIAL:** One Month Unlimited Classes for \$25  
*\* For college students & out-of-towners, classes are \$5 \**

## ALL LEVEL Classes for Newbs, Beginners, & Yogis

Any class can be modified to be an ALL LEVELS class. Make sure to read the class descriptions on the website before attempting classes for the first time. It's best to get familiar with the poses and language by attending a slower moving class like **Yin Yoga** or **Yin + Yang Yoga Flow** but you are welcome to jump in anywhere, at anytime, & just do what you can.

IAMAWORKINPROGRESS.COM  
JOIN OUR FACEBOOK GROUP 'A WORK IN PROGRESS'

# WEEKLY CLASS SCHEDULE

<b>Mondays</b>	8–9am : Yoga + HIIT
	12–1pm : Midday Yoga Flow
	5:15–6:30pm : Push, Press, Pull
	6:45–7:45pm : Freestyle Vinyasa Yoga Flow
<b>Tuesdays</b>	Postponed thru Sept 24th 5:15–6:15am : Power Vinyasa
	12–1pm : Yin Yoga: Deep Stretch & Relaxation
	5:30–6:30pm : Power Vinyasa Yoga Flow
	6:45–7:45pm : De-Stress by Chillin *FREE CLASS*
<b>Wednesdays</b>	Starts Sept 25th 5:45am : Humpday Hip Hop Flow
	8–9am : Freestyle Vinyasa Yoga Flow
	12–1pm : Mindful Strength Hatha Yoga
	5:30–6:30pm : Mindful Strength Hatha Yoga
	6:45–7:45pm : Yin Yoga: Deep Stretch & Relaxation
<b>Thursdays</b>	Postponed thru Sept 26th 5:15–6:15am : Cuss & Burn
	12–1pm : Midday Yoga Flow
	5:15–6:30pm : Squat, Lunge, Thrust
	6:45–7:45pm : Yin + Yang: Slow Flow & Deep Stretch
<b>Fridays</b>	8–9am : Freestyle Vinyasa Yoga Flow
	12–1pm : Yin Yoga: Deep Stretch & Relaxation
	4:30–5:30pm : Yoga + HIIT
<b>Saturdays</b>	9–10:15am : Power Vinyasa Yoga Flow
	10:30–11:45am : Yin + Yang: Slow Flow & Deep Stretch
	3–3:45pm : 2nd Saturdays Yoga with Kids Under 12
<b>Sundays</b>	10:30–11:45am : Mindful Strength Hatha Yoga
	4–5:15pm : Yin Yoga: Deep Stretch & Relaxation