



Hickory Community Yoga & Wellness

WINTER CLASS SCHEDULE

Sunday

- ★ 9:00–10:30 AM Warm Yoga Flow & Meditation with Morganna, Level 2
- ★ 4:00–5:30 PM Gentle Yoga & Restorative with Mary or Nicole, Level 1
- ★ 5:00–6:00 PM Hips & Hammies with Morganna, Level 2
- ★ 6:00–7:00 PM Core Connection with Laura, Level 4

Monday

- ★ 6:30–7:30 AM Sunrise Yoga with Stephanie, Level 4
- ★ 8:45–9:45 AM Core and More Pilates with Kristin, Level 2
- ★ 9:00–10:00 AM Gentle Yoga & QiGong with Ellen, Level 1
- ★ 10:00–11:00 AM Barre 360 with Kristin, Level 2
- ★ 11:00–12:00 PM Vinyasa Flow with Autumn, Level 2–3
- ★ 12:00–1:00 PM Stretch & Flow with Bonnie, Level 1–2
- ★ 1:00–2:00 PM Midday Align & Flow with Kristin, Level 2
- ★ 5:45–6:45 PM Double Duty “Combo class” with Elizabeth, Level 2
- ★ 6:15–7:15 PM Strength and Flow with Nicole, Level 3
- ★ 7:00–8:00 PM Gentle Yoga & QiGong with Ellen, Level 4

Tuesday

- ★ 8:00–8:45 AM Tai Chi with Diane, Level 4
- ★ 8:30–9:30 AM Pilates (Mat 1 & 2) with Nicole H, Level 1–2
- ★ 9:00–10:00 AM Slow Flow & Core with Morganna, Level 2
- ★ 9:45–10:45 AM Beginner Pilates with Nicole H, Level 4
- ★ 11:00–12:00 PM Fit, Strong & Flexible with Laura, Level 4
- ★ 12:00–1:00 PM Before and After Baby with Laura, Level 4
- ★ 12:00–1:00 PM Yoga for Happiness with Ellen, Level 4
- ★ 5:30–6:30 PM Core Connection with Laura, Level 4
- ★ 6:00–7:00 PM Pilates with a Twist with Michelle, Level 2
- ★ 6:45–7:45 PM Tai Chi with Diane, Level 4
- ★ 7:30–8:00 PM Mindfulness Meditation with Jay, Level 4

Yoga Levels:

1: Beginner

2: Intermediate

3: Advanced

4: All levels welcome

*For more information about class descriptions
please refer to our website

www.hickorycommunityyogawellness.com

Wednesday

- ★ 6:30-7:30 AM Sunrise Yoga with Stephanie, Level 4
- ★ 8:45-9:45 AM Core and More Pilates with Kristin, Level 2
- ★ 9:00-10:00 AM Gentle Yoga & QiGong with Ellen, Level 4
- ★ 10:00-11:00 AM Power Flow & Core with Morganna, Level 2
- ★ 11:00-12:00 PM Vinyasa Flow with Autumn, Level 2-3
- ★ 12:00-12:45 PM Barre Fit with Bonnie, Level 2-3
- ★ 1:00-2:00 PM Go with the Flow Yoga with Kristin, Level 4
- ★ 4:00-5:00 PM Hips and Hammies with Morganna, Level 2
- ★ 5:30-6:30 PM Gentle Yoga with Sunny, Level 4
- ★ 6:00-7:00 PM Yoga for Beginners with Ellen Level 4
- ★ 7:00-8:00 PM Midweek Rest and Restorative with Nicole, Level 4

Thursday

- ★ 8:00-8:45 AM Tai Chi with Diane, Level 4
- ★ 8:30-9:30 AM Pilates (Mat 1 & 2) with Nicole H, Level 2
- ★ 9:00-10:00 AM Slow Flow & Core with Morganna, Level 2
- ★ 9:45-10:45 AM Beginner Pilates with Nicole H, Level 4
- ★ 1:00-2:00 PM Fit, Strong & Flexible with Laura, Level 4
- ★ 4:00-5:00 PM Fit, Strong & Flexible with Laura, Level 4
- ★ 5:30-6:30 PM Before and After Baby with Laura, Level 4
- ★ 6:00-7:00 PM Warm Em(POWER) Flow with Morganna, Level 3
- ★ 6:45-7:45 PM Tai Chi with Diane, Level 4

Friday

- ★ 8:00-9:00 AM Rockin' Vinyasa Flow with Sarah, Level 3
- ★ 9:00-10:00 AM Fab Abs Friday with Michelle, Level 2-3
- ★ 10:30-11:30 AM Chair Yoga with Sunny, Level 4
- ★ 12:00-1:00 PM Stretch & Flow with Bonnie, Level 1-2

Saturday

- ★ 8:00-8:45 AM Barre Fit with Bonnie, Level 2-3
- ★ 9:00-10:00 AM Ashtanga with Jay, Level 3
- ★ 9:30-10:30 AM Slow Flow with Bonnie, Level 4
- ★ 10:45-11:45 AM Divine Feminine Dance and Flow with Elizabeth, Level 4

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