



## RIVETER YOGA STUDIO SCHEDULE + CLASS DESCRIPTIONS

### MONDAY

6:00-7:00 AM // HOT Power Flow [in-studio] w/ Jessie Israel

8:30-9:30 AM // Morning Flow [online] w/ Tish Hilyer

4:30-5:30 PM // WARM Slow Flow [in-studio] w/ Tish Hilyer

6:00-7:15 PM // HOT Flow + Yin [in-studio] w/ Tish Hilyer

### TUESDAY

6:00-7:00 AM // SWEAT HOT Flow [in-studio] w/ Tish Hilyer

8:30-9:30 AM // Morning Flow [online] w/ Tish Hilyer

10:00-11:00AM // WARM Power Flow [in-studio] w/ Julie Hardison

4:30-5:30 PM // HOT Flow + Yin [in-studio] w/ Jessie Israel

6:00-7:15 PM // WARM Power Flow [in-studio] w/ Julie Hardison

### WEDNESDAY

CLOSED

### THURSDAY

6:00-7:00 AM // SWEAT HOT Flow [in-studio] w/ Tish Hilyer

8:30-9:30 AM // Morning Flow [online] w/ Tish Hilyer

10:00-11:00 AM // WARM Power Flow [in-studio] w/ Julie Hardison

4:30-5:30 PM // Strength + Core [in-studio] w/ Jessie Israel

6:00-7:15 PM // HOT Flow Yoga [in-studio] w/ Julie Hardison

### FRIDAY

6:00-7:00 AM // HOT Power Flow [in-studio] w/ Jessie Israel

8:30-9:30 AM // Morning Flow [online] w/ Tish Hilyer

10:00 AM-11:00 AM // Unity Flow [in-studio] w/ Amber Holbert

4:30-5:30 PM // WARM Flow [in-studio] w/ Keri Ann

6:00-7:15 PM // WARM Slow Flow + Yin [in-studio] w/ Keri Ann

## SATURDAY

8:30-10:00 AM // SWEAT HOT Flow [in-studio] w/ Tish Hilyer

11:00-NOON // WARM Slow Flow [in-studio] w/ Jessie Israel

## SUNDAY

8:30-10:00 AM // HOT Flow + Yin [in-studio] w/ Jessie Israel

11:00-NOON // Yoga for Athletes [in-studio] w/ Jessie Israel

## + SPECIAL CLASSES

### SATURDAY, MARCH 27

1:00-2:30PM // Yoga for Climbers + Bikers w/ Jessie Israel

7:00-8:00PM // Candlelit Hip-Hop Flow w/ Julie Hardison

### SUNDAY, MARCH 28

1:00PM // Pop-up \*FREE\* Kinstretch w/ Patrick + Rachel

## **HOT POWER FLOW**

Hot Power Flow will push you physically while also encouraging you to connect body movement to your breath. There will be quicker, more frequent vinyasas, as well as more movement within + between postures. While this class is fast-paced, there will still be time to slow down + stretch it out. All classes will end in a final savasana.

## **MORNING FLOW [online yoga]**

Practice from home, on your own time, with this convenient ONLINE class option. Sign up to enjoy the livestream class through ZOOM or practice with the class recording for up to 24 hours after class.

Awaken your energy through breath + movement. This class flows through sequences of poses to build strength, flexibility, concentration + connection. An early morning practice encourages a calm + centered mind, as you move through the rest of your day with awareness.

## **WARM SLOW FLOW**

Warm Slow Flow Yoga provides a space to connect body movement to your breath, while also finding time to slow down + relax. In this class, you'll find slower vinyasas, longer holds + more time dedicated to deeper stretches.

## **HOT FLOW + YIN**

This class begins with a strong, breath-focused vinyasa flow to awaken your energy through movement. The poses build heat, strength + focus, then the practice transitions to more cooling, calming + restorative poses. The body + mind relax into stillness + are deeply nourished by this balanced yoga class.

## **SWEAT HOT FLOW**

Enjoy a challenge + a good sweat in this vigorous flow class. You will move, strengthen + open the body while building a beautiful connection to the breath. The powerful, flowing sequences help to cleanse + refresh the body while drawing the mind toward a relaxed + meditative state. The practice winds down with longer held stretches + a rejuvenating savasana. Enjoy the \*afterglow\* of hot yoga!

## **WARM POWER FLOW**

This class is designed to energize your body and mind through powerful yet playful sequencing. Improve flexibility, overall strength + balance with both dynamic + static movement, core work, arm balances + inversions. Modifications + options to spice it up or tone it down will be offered throughout the practice.

## **STRENGTH + CORE [warm circuit-style class]**

This circuit-style fitness class is designed to strengthen all parts of the body. While this class is meant to be challenging, it is also accessible to all levels, with modifications given for each exercise + circuit. This class begins with a yoga-based warm up + cool down, ending in a final savasana. Strength + Core provides a space to work hard, sweat + ultimately to have fun!

## **HOT FLOW YOGA**

This class is inspired by a blend of yoga traditions with an emphasis on vinyasa flow, where movement is linked to breath. The room will be heated to 90-95 degrees, keeping the body supple + promoting flexibility as it boosts the cardiovascular system. You can expect to build balance + strength in the body + mind, while stretching through a mixture of dynamic + static postures. Time + space will be given to explore the shapes we make!

## **UNITY FLOW w/ AMBER HOLBERT**

This is a themed class that aims to create a fun and non-threatening environment for students to explore the relationship between mind, body + breath. Amber views yoga as a pathway to practicing non-judgement + love towards ourselves + others. Each class points towards a universal theme to remind the room that we are not alone in this life, we are all connected. All humans are welcome. Amber is stoked to join you in this unique yoga experience.

## **WARM FLOW w/ KERI ANN**

All bodies are welcome to join this fun + energetic class that aims to connect breath with movement. Keri Ann uses universal themes as a pathway to explore how each practice resonates with your body. This class provides an opportunity to move intuitively while connecting to yourself + the collective. If you have any props that would enhance your practice in any way, feel free to bring them to class. Keri Ann cannot wait to move + groove with you!

## **WARM SLOW FLOW + YIN**

This is a themed class that starts out with intuitive movements focused on the breath. The goal is to move seamlessly + mindfully from one posture to the next. After creating a sense of heat + opening within the body, we will slow it down + give the tissue time to melt into the space we created. Blocks + straps are always helpful.

## **YOGA FOR ATHLETES**

Do you climb, bike, run, kayak, swim, hike? Find balance for your body through breath + movement in this special Yoga Class for Athletes.

The class will include yoga poses to stretch + open your shoulders, hips + hamstrings. You'll also learn breathing practices to enhance your focus, concentration + stamina in your favorite sport.

## **PRIVATE YOGA SESSIONS AVAILABLE**

Individualized yoga sessions available with one of our amazing instructors: \$75 for a 60-minute session.

Please email [tish@riveternc.com](mailto:tish@riveternc.com) for scheduling + details.

## **PRIVATE GROUP YOGA SESSIONS AVAILABLE**

Please email [tish@riveternc.com](mailto:tish@riveternc.com) for scheduling + details.