



# Centre Studio Schedule

October

228 Paperjack Dr, Ste 6  
 New Richmond WI 54017  
 715-246-2252  
 www.nracentre.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Barre (80°)</b> 5:30 AM - 6:15 AM Erin	2 <b>Grounded Flow (90°)</b> 7:15 AM - 8:00 AM Katie <b>Intro to Yoga Flow (85°)</b> 8:30 AM - 9:15 AM Katie <b>*FREE*</b>
3 <b>Candlelight Flow</b> 6:00 PM - 6:45 PM Brittany	4 <b>Grounded Flow (90°)</b> 5:30 AM - 6:15 AM Katie <b>Joy Yoga</b> 8:30 AM - 9:30 AM Sierra <b>Yoga Sculpt (85°)</b> 5:00 PM - 6:00 PM Amy <b>Goddess Flow</b> 6:30 PM - 7:30 PM Brittany	5 <b>Power Flow (90°)</b> 5:30 AM - 6:15 AM Amy  <b>Grounded Flow</b> 5:30 PM - 6:30 PM Katie	6 <b>Yoga Sculpt (85°)</b> 5:30 AM - 6:15 AM Amy  <b>Grounded Flow</b> 6:30 PM - 7:30 PM Brittany	7 <b>Grounded Flow (90°)</b> 5:30 AM - 6:15 AM Amy  <b>Power Flow (90°)</b> 5:00 PM - 5:45 PM Amy	8 <b>Barre (80°)</b> 5:30 AM - 6:15 AM Erin	9 <b>Grounded Flow (90°)</b> 7:15 AM - 8:00 AM Amy <b>Yoga Sculpt (85°)</b> 8:30 AM - 9:15 AM Amy
10 <b>Candlelight Flow</b> 6:00 PM - 6:45 PM Brittany	11 <b>Barre (80°)</b> 5:30 AM - 6:15 AM Erin <b>Joy Yoga</b> 8:30 AM - 9:30 AM Sierra <b>Yoga Sculpt (85°)</b> 5:00 PM - 6:00 PM Amy	12 <b>Power Flow (90°)</b> 5:30 AM - 6:15 AM Amy  <b>Grounded Flow (90°)</b> 5:30 PM - 6:30 PM Amy	13 <b>Yoga Sculpt (85°)</b> 5:30 AM - 6:15 AM Amy  <b>Grounded Flow</b> 6:30 PM - 7:30 PM Brittany	14 <b>Grounded Flow (90°)</b> 5:30 AM - 6:15 AM Amy  <b>Power Flow (90°)</b> 5:00 PM - 5:45 PM Amy	15 <b>Grounded Flow (90°)</b> 5:30 AM - 6:15 AM Katie	16 <b>Grounded Flow</b> 8:30 AM - 9:30 AM Brittany
17 <b>Candlelight Flow</b> 6:00 PM - 6:45 PM Brittany	18 <b>Grounded Flow (90°)</b> 5:30 AM - 6:15 AM Katie <b>Yoga Sculpt (85°)</b> 5:00 PM - 6:00 PM Amy	19 <b>Power Flow (90°)</b> 5:30 AM - 6:15 AM Amy  <b>Grounded Flow</b> 5:30 PM - 6:30 PM Katie	20 <b>Yoga Sculpt (85°)</b> 5:30 AM - 6:15 AM Amy  <b>Grounded Flow</b> 6:30 PM - 7:30 PM Brittany	21 <b>Grounded Flow (90°)</b> 5:30 AM - 6:15 AM Amy  <b>Power Flow (90°)</b> 5:00 PM - 5:45 PM Amy <b>Intro to Yoga Flow (85°)</b> 6:15 PM - 7:00 PM Katie <b>*FREE*</b>	22 <b>Barre (80°)</b> 5:30 AM - 6:15 AM Erin	23 <b>Grounded Flow</b> 8:30 AM - 9:30 AM Brittany
24 <b>Candlelight Flow</b> 6:00 PM - 6:45 PM Brittany	25 <b>Grounded Flow (90°)</b> 5:30 AM - 6:15 AM Katie <b>Yoga Sculpt (85°)</b> 5:00 PM - 6:00 PM Amy	26 <b>Power Flow (90°)</b> 5:30 AM - 6:15 AM Amy  <b>Grounded Flow</b> 5:30 PM - 6:30 PM Katie	27 <b>Yoga Sculpt (85°)</b> 5:30 AM - 6:15 AM Amy  <b>Grounded Flow</b> 6:30 PM - 7:30 PM Brittany	28 <b>Grounded Flow (90°)</b> 5:30 AM - 6:15 AM Amy  <b>Power Flow (90°)</b> 5:00 PM - 5:45 PM Amy <b>Intro to Yoga Flow (85°)</b> 6:15 PM - 7:00 PM Katie <b>*FREE*</b>	29 <b>Barre (80°)</b> 5:30 AM - 6:15 AM Erin	30 <b>Grounded Flow (90°)</b> 7:15 AM - 8:00 AM Amy <b>Yoga Sculpt (85°)</b> 8:30 AM - 9:15 AM Amy
31 <b>Halloween Flow</b> 8:15 AM - 8:45 AM Brittany <b>*FREE, sign up with your kid(s), costumes encouraged*</b>						

## Participation Options:

**Monthly Membership** Add Centre Studio to your Centre Membership for \$50 per month. Cancellation requires 15 day notice prior to draft date. Membership includes:

- Unlimited Classes
- 1 Free Guest Pass / Month
- 20% off Events and Workshops

**Drop-In Class** Purchase an individual class for \$15 per class, please ask about a discount for Centre Members.

**Punch Cards** Purchase a 5 class punch card for \$69 or a 10 class punch card for \$130, please ask about a discount for Centre Members. Valid for 12 months, not valid for events.

**Class Cancellation or No-Show** Members can cancel a class registration at any time however a cancel within 2 hours of the scheduled start time of the class or a no-show results in a \$15 fee when a class is waitlisted. Punch card participants and drop-in participants are not refunded for the punch or the class with a cancel within 2 hours of the scheduled start time of the class.

Reserving your spot in classes at the Centre Studio is required and can be done online at [nracentre.com/studio](http://nracentre.com/studio)

## Benefits of Infrared Heat for Yoga:

One of the things that make the studio space truly unique is an infrared heating system. These heaters are used to heat up the studio allowing for us to offer hot or heated yoga, barre and other fitness classes. We also offer classes that are not heated.

### Top 5 Health Benefits of Infrared Heat for Yoga

- Increase flexibility
- Pain relief
- Detoxifying sweat
- Weight loss
- Increase circulation

For more information please contact Colleen Davis, Member Development Director, at [cdavis@nracentre.com](mailto:cdavis@nracentre.com) or 715-243-0852.

## Class Descriptions

**All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest. All classes can be modified to meet the needs of the participant.**

Level 1/2 – beginner friendly class options, modifications given. Class moves at a slow/moderate speed.

Level 3/4 – intermediate class style that adds in strength, balance and flexibility challenges. Modifications provided.

Level 4/5 – intermediate/advanced yoga practice recommended with an understanding of the fundamentals. This class moves fast with options for inversions.

**Maximum participants per class:** 14 for Barre, 22 for all other classes

**Barre (3/4):** 80 degrees Barre is a full body workout that uses isometric strength training combined with high reps of small range-of-motion movements while incorporating cardio, light weights, core work and stretching to define your body. Barre utilizes moves inspired by ballet, yoga, and Pilates all while using the barre for balance. You will target the muscles that play the biggest role in body change, then keep those muscles working intensely just long enough for them to change. This class is an energetic and physical class for all levels.

**Candlelight Flow (1/2):** Non-heated During our Candlelight Flow you will enjoy a peaceful and relaxing candlelit room as you move from one pose to the next. A perfect way to unwind after a busy day. This warm, dynamic class encompasses a strong standing flow to warm the body with an emphasis on mindful movements. This class is appropriate for all levels.

**Grounded Flow (3 heated, 2 non-heated):** 90 degrees or Non-heated This class focuses on the foundation of every pose. The class begins with a series of breathing, then moves into a vinyasa flow. This unique vinyasa sequence is designed to ground the students into their hands, feet and core. The classes combine standing postures, sun salutations, and floor postures for an energizing, full body experience. The teacher will provide demonstration and verbal cues to help you connect with your own inner strength and develop your practice. Mind-body connection and physical growth are both fostered in this class. This class is for all levels from beginner to advanced because the teacher offers modifications to raise or lower the level of intensity based on our students individual needs.

**Power Flow (4/5):** 90 degrees This is the high energy, powerful class focusing on alignment and personal awareness of the breath. The flow moves at a moderate pace and is athletic. Linking your breath with every posture to move efficiently and effectively. You build strength while gaining flexibility. Get ready to move and sweat! Vinyasa style flow. More advanced than Grounded Flow. Inversion practice is possible.

**Yoga Sculpt (3/4):** 85 degrees When muscle meets yoga...Yoga Sculpt is born. Boost metabolism and build lean muscle mass as you move to upbeat tracks in our Yoga Sculpt class. You'll combine free weights with a yoga flow sequence and incorporate cardio to intensify each yoga pose while mixing in strength-training moves like squats, lunges and bicep curls.