



Find yourself on your mat.

Grantham Plaza
400 Scott Street
St. Catharines
(905) 682-4469
www.lostnfoundyoga.com

DROP IN SCHEDULE PRICING

Unlimited Memberships

Table with 2 columns: Membership type and Price. Includes Monthly Autopay Membership (\$85/month), 12 Month Membership (\$900), 3 Month Membership (\$260), and 1 Month Membership (\$125).

Member Benefits

- Unlimited access to classes on the Drop-In Schedule
Free Child Minding
10% off Regular Retail Prices excluding consignment items
10% off Select Workshops
2 Free mat/towel rentals per month
2 Free Guest Passes per quarter

Class Passes

Table with 2 columns: Class Pass type and Price. Includes 20 Class Pass (\$250), 10 Class Pass (\$145), 5 Class Pass (\$80), and Drop-in Class (\$17).

Students and Seniors (60+) receive 10% off above prices.

Child Minding Fees for Non-Members

Child Minding Services are available for 9:45 am classes Monday through Friday.

- 1st Child - \$3
Additional Children - \$2
10 Visit Pass - \$25 (one visit per child)

Please note that HST will be added to all the above prices upon purchase.

Sign up online or on our Mobile App!! Log onto your account and sign up for any Drop-In Class from fourteen days to one hour in advance. Please note that you may cancel up to one hour before the class starts. If you do not show up or cancel less than one hour in advance you will still be charged for that class.



Grantham Plaza  
400 Scott Street Unit E3-4  
St. Catharines  
(905) 682-4469 [www.lostnfoundyoga.com](http://www.lostnfoundyoga.com)

# DROP-IN CLASS SCHEDULE

(Effective as of March 1, 2020)

Find yourself on your mat.

Time	Class	Instructor	Time	Class	Instructor
<b>MONDAY</b>			<b>THURSDAY</b>		
6:30a	Yoga & Weights***	Jenna	6:30a	Core Fusion***	Heather
9:30a	Pilates**	Heather	9:45a	Hatha**	Heather
9:45a	Hatha*	Monique	9:45a	Vinyasa***	Haley
9:45a	Warm Hatha**	Angela	9:45a	Pilates**	Valeriia
9:45a	Vinyasa***	Diana	11:15a	Booty Barre**	Valeriia
11:15a	Chair Yoga*	Heather	12:00p	Hatha*	Nicole
11:15a	Yoga Ballet Barre**	Diana	5:30p	Hatha*	Tara
12:00p	Hatha*	Jess	5:30p	Aerial Suspension Training**	Angela
4:00p	Hatha Restorative*	Liz	7:00p	Hot Vinyasa***	Haley
5:30p	Hatha**	Julie	7:00p	Restorative*	Liz
5:30p	Hot Vinyasa***	Jenna	<b>FRIDAY</b>		
7:00p	Warm Yin Restorative*	Amanda T.	6:30a	Yoga and Weights***	Jenna
7:00p	Aerial Suspension Training**	Angela	9:45a	Hatha Flow**	Diana
7:00p	Booty Barre**	Valeriia	9:45a	Hatha*	Jess
<b>TUESDAY</b>			9:45a	Hot Vinyasa***	Julie
6:30a	Core Fusion***	Rachel	12:00p	Hatha Restorative*	Jess
9:45a	Yoga Tune Up*	Amanda T.	1:30p	Hatha Restorative*	Jess
9:45a	Hatha Flow** (Shapes of Grace)	April	4:00p	Warm Hatha*	Monique
9:45a	Hot Vinyasa***	Angela	5:30p	Vinyasa***	Haley
12:00p	Hatha*	Carole	<b>SATURDAY</b>		
4:00p	Hot Vinyasa***	Angela	8:15a	Vinyasa***	Diana
5:30p	Vinyasa Flow***	Angela	8:15a	Pilates***	Heather
6:00p	Deep Stretch*	Valeriia	9:45a	Hatha**	Jenna
7:00p	Hatha**	Julie	9:45a	Yoga Ballet Barre**	Diana
7:00p	Hatha* (Shapes of Grace)	Nicole	11:15a	Hatha**	Sara
<b>WEDNESDAY</b>			11:15a	Hot Yoga Tone***	Haley
6:30a	Yoga & Weights***	Rachel	<b>SUNDAY</b>		
9:45a	Hatha*	Amanda T.	9:45a	Hatha**	Monique
9:45a	Yoga Ballet Barre**	Diana	9:45a	Hot Vinyasa***	Allison/Lindsay
9:45a	Yoga and Weights***	Heather	10:15a	Hatha*	Angela
9:45a	Warm Hatha**	Haley	11:15a	Hatha*	Monique
11:15a	Chair*	Brier	6:00p	Restorative*	Liz
11:15a	Vinyasa***	Diana	<b>CLASS DIFFICULTY RATINGS</b>		
11:15a	Yoga and Weights***	Heather	The star system is used to indicate the difficulty rating of each class. Please use the following to determine which class is right for you:		
5:30p	Hatha Flow**	Amanda T.	* Accessible to beginners		
5:30p	Hot Vinyasa***	Angela	** Beginner/Intermediate		
6:00p	Pilates**	Heather	*** Intermediate/Advance		
7:00p	Hatha*	Amanda T.			
7:00p	Warm Yin Restorative*	Angela			



Find yourself on your mat.

Grantham Plaza  
400 Scott Street Unit E3-4  
St. Catharines  
(905) 682-4469  
[www.lostnfoundyoga.com](http://www.lostnfoundyoga.com)

## CLASS DESCRIPTIONS

**Aerial Suspension Training\*\***- Perform simple and effective movements on our suspension system using your own body weight and suspension handle bars. A fun, strengthening and challenging workout for all levels and body types! Unwind at the end of the class with a therapeutic savasana in our aerial hammocks. Only 12 spaces available in each class - we highly recommend you reserving your spot online!

**Booty Barre\*\*** - Booty barre is a fun, energetic class that fuses techniques from Dance, Pilates, and Yoga.

**Chair Yoga\***- Based on the Hatha Yoga Practice, this class uses props including chairs and promotes balance, strength and flexibility in the practitioner. This gentle class is suited to a mature beginner, persons with little or no experience in yoga and to anyone looking to use yoga to help in rehabilitation from an injury or illness.

**Hatha\*** - Gentle to mid-paced class where you'll learn how to utilize your breath within postures. Feel relaxed, lengthened and toned. Expect to be gently challenged.

**Hatha\*\*** - More challenging poses with longer time spent in each pose than Hatha\* Expect to feel challenged.

**Hatha Flow\*\*** - Hatha Flow is a mid-paced class that combines Hatha Yoga fundamentals with the flow of a Vinyasa class. Come prepared to move more quickly than a Hatha class but slower than a Vinyasa class. Expect to be challenged.

**Hatha Restorative\*** - This gentle class will combine Hatha yoga poses with the breath, easing you into passive restorative postures. This class helps to open joints, refresh muscles and calm the mind.

**Hatha\* (Shapes of Grace)** - Combines a Hatha practice while holding space for a contemplative Christian meditation.

**Hatha Flow\*\* (Shapes of Grace)** – Combines a Hatha Flow practice while holding space for a contemplative Christian meditation.

**Pilates\*\*\*** - Learn the fundamental principles of the Pilates method and its basic exercises. Improve your strength, posture and flexibility. In this class, we will stick to the basics, but with modifications to make the exercises more challenging

**Restorative\*** - A quiet, meditative practice - the perfect compliment to a more dynamic and muscular styles of yoga. Postures are done lying passively on the floor in a heated room. The body is held passively in restorative yoga shapes by the use of props. This class will allow you a chance to slow down, be still and be in the present moment without striving.

**Vinyasa\*\*\* (available in hot and non-hot)** - This class is mid to fast paced giving you a vigorous practice. Each instructor will use unique sequencing and fluid transitions to encourage seamless movement in connection with your breath.



Grantham Plaza  
400 Scott Street Unit E3-4  
St. Catharines  
(905) 682-4469  
[www.lostnfoundyoga.com](http://www.lostnfoundyoga.com)

## CLASS DESCRIPTIONS

**Warm Yin Restorative\*** - Similar to Restorative, this is a quiet, meditative practice - and the perfect compliment to more dynamic and muscular styles of yoga. Postures are done lying passively on the floor in a heated room. The combination of long-held, passive stretching and heat works to improve flexibility and joint mobility. This practice is suitable for students of all levels, from Beginner to Advanced.

**Yoga Ballet Barre\*\*** - This workout class fuses ballet and yoga in a unique way to target all of the major muscle groups with simple and repetitive ballet barre exercises. The strength work is immediately complimented with corresponding yoga poses to increase flexibility and improve balance. Ballet experience is not required, but this class is sure to inspire the dancer in you!

**Deep Stretch\*** - If you are looking to focus on enhancing your flexibility, this class can help you. Each posture will be mindfully held for several breaths allowing your body to respond to the stretch to increase flexibility.

**Yoga Tone\* (available in hot and non-hot)** - This intense yoga class is designed to boost your metabolism and build lean muscle mass as you mix strength training exercises into your yoga practice.

**Yoga Tune Up®\* (YTU)** – YTU playfully combines elements of yoga, calisthenics, body therapy and stress reduction. The poses, sequences and routines found in YTU quickly identify and strengthen 'body blind spots' - areas of the body that tend to get underused and are typically the catalyst for pain and injury. YTU approaches the body as a living archaeological dig, probing layers of muscles, tendons, connective tissues and joints, ultimately excavating unhealthy tension patterns and moving you back into physiological balance.

**Yoga and Weights\*\*\*** - A class built around yoga shapes that combines cardiovascular and weight training for total body conditioning. Come prepared to work hard, sweat and enjoy the benefits of adding weights and cardio to your yoga practice.