



Kismet Wellness Center, Yoga Schedule

	Time	Class	Instructor
Mon	9:30 - 10:45 a	Vinyasa	Jennifer
	11:00 a - 12:00 p	Power Hour	Jennifer
	7:30 - 9:00 p	Power Vinyasa	Vito
Tues	9:00 - 10:30 a	Power Vinyasa	Vito
	6:00 - 7:15 p	Vinyasa	Jennifer
Wed	10:15 - 11:30 a	Vinyasa	Jennifer
	12:00 - 1:00 p	Yin Yoga	Jennifer
	7:00 - 8:30 p	Power Vinyasa	Nathan
Thurs	9:30 - 11:00 a	Power Vinyasa	Vito
	11:30 a - 12:30 p	Vinyasa	Vito
	7:15 - 8:45 p	Power Vinyasa	Vito
Fri	9:30 - 11:00 a	Power Vinyasa	TBD
	7:15 - 8:15 09	Candlelight Yoga	Leslie
Sat	9:00 - 10:30 a	Power Vinyasa	Nathan
	10:45 - 11:00 a	Newcomer Intro	Nathan
	11:00 a - 12:15 p	Vinyasa	Nathan
Sun	7:45 - 8:45 a	Power Hour	Vito
	9:00 - 10:30 a	Power Vinyasa	Vito
	7:00 - 8:00 p	Relax & Renew	Jennifer

Exactly where you're supposed to be...

Kismet Wellness Center
204 Andover Street, 2nd Floor
Andover, MA 01810
978.289.4155
www.KismetWellness.com

Class Descriptions

Newcomer Intro: 15-minute overview of basic yoga poses. This class is not a prerequisite for other classes but is a great intro for those students who have never taken a yoga class.

Sunrise Vinyasa: This class incorporates flowing sequences of yoga poses in a WARM studio...great way to start your day in our beautiful sun-filled studio!

Vinyasa: This class incorporates flowing sequences of yoga poses linked to breath in a WARM studio...a powerful class without the heat.

Power Hour & Power Vinyasa: Yoga classes that incorporates flowing sequences of yoga poses linked to breath in a **HOT** studio...these classes will push you to realize your maximum potential.

Yin Yoga: Lunch-time yoga class that emphasizes long, gentle holds that promote circulation of energy throughout your body...a quick & efficient class that makes a perfect "lunch break."

Relax & Renew: Yoga class that incorporates relaxing and restorative yoga poses. This class will clear your head and leave you feeling prepared for the upcoming week.

Newcomers Special
\$21 for 21 Days

Pay up front for a year and
 get a free massage.