

Aspirus Health and
Performance Center

Now Offering Yoga Classes



Evening Beginner Yoga

Wednesdays: 5:15-6:15 pm

Class Level: All are welcome

Members: \$35.00

Non-members: \$40.00

Learn the fundamental postures of yoga in a fun and supportive environment. Safe alignment, modifications and adaptations will be taught to help every BODY enjoy the benefits of yoga. We will place special awareness on the breath to build vitality as we move into basic Vinyasa flow sequences.

Mid-Day Stretch

Wednesdays: 12:00-12:45 pm

Class Level: Beginner to advanced

Members: \$45.00

Non-members: \$55.00

The Mid-Day Stretch class, will focus on balancing your mind and body in a comfortable and relaxed setting. We will work to strengthen and stretch the entire body, and we will focus on releasing tension in areas of the body that typically tense up during the work day. Breathing techniques will be incorporated to help relax and build focus and concentration. There is a 10 person minimum in order for this class to be offered.

Evening Power Flow

Thursdays: 5:15-6:15 pm

Class Level: Two-three months
prior yoga experience to advanced.

Members: \$45.00

Non-members: \$55.00

The Evening Power Flow class will focus on building stamina, strength and flexibility. We will use a variety of postures and breathing techniques to aid in finding balance in our bodies and minds. A traditional Vinyasa yoga will be incorporated to build energy and find rhythm and flow of movement within ourselves. There is a 10 person minimum in order for this class to be offered.

To register, please call 715.623.9924.


ASPIRUS™