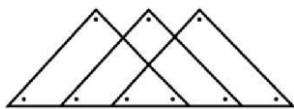


RIVETER YOGA STUDIO SCHEDULE + CLASS DESCRIPTIONS



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

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

6:00-7:15 PM // Yin Yoga [in-studio] w/ Park Baker

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

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

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

6:00-7:15 PM // Warm 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

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, + 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!

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!

YIN YOGA

Yin Yoga...to help you chill out....

There's not even a standing pose in this class.

This class shows students how to soften from the feet to the neck, releasing tension caused by shoving your feet in climbing shoes, carrying your kids, hunching over a mountain bike, or sitting at your desk for hours. If you play hard, you need to recover and soften, which is the focus of Yin.

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, 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!

WARM FLOW

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 exploring 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 will enhance your practice in any way, feel free to bring them to class. Keri Ann cannot wait to move + groove with you!

WARM FLOW + YIN

This is a themed class that starts out with intuitive movements focused around 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.

RIVETER REFRESH [yoga & mimosas]

Refresh your mind, body + spirit with this LIVE DJ yoga class that flows through sequences of poses to build strength, flexibility, concentration + connection. The practice of yoga encourages a clear, calm + centered mind.

After practice, enjoy a delicious mimosa + take in the vibes at the Riveter.

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 for scheduling + details.

PRIVATE GROUP YOGA SESSIONS AVAILABLE

Please email tish@riveternc.com for scheduling + details.