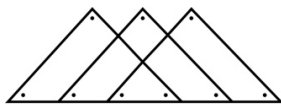


## RIVETER YOGA STUDIO SCHEDULE + CLASS DESCRIPTIONS



### DECEMBER SCHEDULE

- MONDAY
  - 6-7am IN STUDIO hot power flow with Jessie Israel
  - 8:30-9:30am ONLINE morning flow with Tish Hilyer
  - 4:30-5:30pm IN STUDIO warm slow flow with Tish Hilyer
  - 6-7:15pm IN STUDIO hot flow + yin with Tish Hilyer
- TUESDAY
  - 6-7am IN STUDIO sweat hot yoga with Tish Hilyer
  - 8:30-9:30am IN STUDIO warm slow flow with Ruth Morrow
  - 10-11am IN STUDIO pilates with Stacy Sutton
  - 4:30-5:30pm IN STUDIO strength + core with Jessie Israel
  - 6-7:15pm IN STUDIO yin with Park Baker
- \*CLOSED WEDNESDAY\*
- THURSDAY
  - 6-7am IN STUDIO sweat hot yoga with Tish Hilyer
  - 8:30-9:30am ONLINE morning flow with Tish Hilyer
  - 10-11am IN STUDIO pilates with Stacy Sutton
  - 4:30-5:30pm IN STUDIO strength + core with Jessie Israel
  - 6-7:15pm IN STUDIO hot flow yoga with Julie Hardison
- FRIDAY
  - 6-7am IN STUDIO hot power flow with Jessie Israel
  - 8:30-9:30am IN STUDIO warm slow flow with Ruth Morrow
  - 4:30-5:30pm IN STUDIO warm flow with Keri Ann
  - 6-7:15pm IN STUDIO slow flow + yin with Keri Ann
- SATURDAY
  - 8:30-10am IN STUDIO sweat hot yoga with Tish Hilyer
  - 11-12pm IN STUDIO warm slow flow with Jessie Israel
- SUNDAY
  - 8:30-10am IN STUDIO hot flow + yin with Jessie Israel
  - 11-12pm IN STUDIO yoga for athletes with Jessie Israel

### **RIVETER FLOW & YIN YOGA**

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.

### **RIVETER SWEAT [hot yoga]**

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 "after glow" of hot yoga!

### **RIVETER STRENGTH + CORE [warm circuit-style class]**

This circuit-style fitness class is designed to strengthen all parts of the body. While this class is designed to be challenging, it is also made accessible to all levels with modifications given for each exercise within a circuit. This class begins with a yoga-based warm up and cool down ending in a final savasana. Strength + Core provides a space to work hard, sweat + ultimately to have fun!

### **RIVETER MORNING FLOW [online yoga]**

Practice from home, on your own time, with this convenient online class option. Sign up to enjoy the livestream online class thru ZOOM, or practice with the class recording for up to 48 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 and centered mind, as you move through the rest of your day with awareness.

### **RIVETER REFRESH [yoga & mimosas]**

Refresh your body + mind + spirit!

This class 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.

### **RIVETER GOLDEN YOGA [glow yoga with live dj Seppe March & Tish Hilyer]**

The Riveter OG yoga class.

Come flow + breathe + enjoy DJ Seppe's beats in this monthly yoga class offering. It is always LIT!!!

### **RIVETER REST + RELAX [gentle yoga]**

Restore body + mind + spirit in this special class offering.

Nurture yourself with gentle movement, breath work, deeply restorative poses + simple guided meditations to relax + rejuvenate your entire being while deeply relaxing. Open to all levels.

### **RIVETER ADVENTURER [yoga for athletes]**

Do you climb, bike, run, kayak, swim, hike?

Find balance for your body thru breath & movement in this special yoga class for athletes. The class will include yoga poses to stretch + open your shoulders, hips + hamstrings, as well as breathing practices to enhance your focus, concentration + stamina in your favorite sport.

### **WARM ELAVATING FLOW**

All bodies are welcome to join this fun and energetic class that aims to connect breath with movement. Keri Ann uses universal themes as a pathway to exploring how each practice resonates in your body. This class provides an opportunity to move intuitively while connecting to yourself and 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 and groove with you!

### **WARM FLOW + YIN**

This is a themed base class that starts out with intuitive movements focused around the breath. The goal is to move seamlessly and mindfully from one posture to the next. After creating a sense of heat and opening within the body we will slow it down and give the tissue time to melt into the space we created. All bodies are welcomed! Blocks and straps are always helpful.

### **PRIVATE YOGA SESSIONS AVAILABLE**

Individualized yoga sessions available with one of our amazing instructors:

\$75 for 60-minute session

Please email [tish@riveternc](mailto:tish@riveternc) for scheduling + details.

### **PRIVATE GROUP YOGA SESSIONS AVAILABLE**

Please email [tish@riveternc](mailto:tish@riveternc) for scheduling + details.