



Find yourself on your mat.

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

DROP IN SCHEDULE PRICING

Monthly Memberships

Table with 3 columns: Number of Classes, 3 Months Minimum Commitment, 12 Months Minimum Commitment. Rows include 5x / Month and Unlimited.

- All memberships are charged monthly and are ONGOING after the minimum commitment period
30 days written notice required to cancel any membership (must be after the minimum commitment period)
No holds or extensions permitted for any membership

Unlimited Member Benefits

- Unlimited access to all In-Studio classes on the Drop-In Schedule
Unlimited access to all Live At-Home Simulcast classes via Zoom
Unlimited access to Online Yoga Video Library on lostnfoundyoga.com with 2000+ classes and growing
10% off Regular Retail Prices
10% off Select Workshops
2 Free Guest Passes per quarter

Class Passes

Table with 3 columns: Number of Classes, 10 Class Pack (3 month expiry from date of first class used), Drop-in Pass. Row includes Price.

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

Introductory Offer for First Time Students

14 days of unlimited access to all In-Studio yoga classes on the Drop-in Schedule \$39

This introductory offer can only be purchased once per student.

Please note that HST will be added to all of 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 up to fourteen days in advance. Please note that you may cancel up to three hours before the class starts. If you do not show up or cancel less than three hours in advance cancellation fees will apply.



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DROP-IN CLASS SCHEDULE

(Effective as of September 8, 2023)

Time	Class	Instructor	Time	Class	Instructor
MONDAY			THURSDAY		
6:30a	Yoga & Weights***	Andrea	6:30a	Core Fusion***	Amanda F.
9:15a	Hatha*	Monique	9:15a	Hot Vinyasa***	Julie
9:30a	Mat Pilates**	Heather	9:15a	Hatha Restorative*	Tamika
9:45a	Vinyasa***	Angela	9:45a	Hatha**	Heather
11:00a	Chair Yoga*	Monique	12:00p	Hatha* Express (45-min)	Tamika
11:15a	Yoga Ballet Barre**	Diana	4:30p	Hot Hatha** Express (45-min)	Lacey
12:00p	Hatha* Express (45-min)	Saara	5:15p	Hot Yoga Tone***	Haley
4:30p	Hot Vinyasa*** Express (45-min)	Kathy	5:45p	Chair Yoga*	Heather
5:30p	Hatha**	Julie	6:00p	Hatha*	Robin
5:30p	Hot Vinyasa***	Andrea	6:45p	Hot Vinyasa***	Michelle
7:00p	Booty Barre***	Valeriia	8:15p	Hot Vinyasa*** Express (45-min)	Lindsay
7:00p	Hot Vinyasa***	Michelle			
7:30p	Warm Yin Restorative*	April	FRIDAY		
8:15p	Hot Vinyasa*** Express (45-min)	Cindy	6:30a	Yoga and Weights***	Robin
9:00p	Yoga Nidra* (Zoom only)	Nidra Team	9:45a	Hatha Flow**	Diana
			10:00	Yin Yoga*	April
TUESDAY			10:15a	Hot Vinyasa***	Julie
6:30a	Core Fusion***	Donna S.H.	12:00p	Hatha Restorative*	Donna
9:15a	Hatha*	April	4:00p	Warm Hatha*	Haley
9:30a	Hot Vinyasa***	Barb	5:15p	Hot Vinyasa***	Lindsay
9:45a	Yoga Tune Up*	Amanda T.	5:30p	Vinyasa***	Christine
12:00p	Hatha* Express (45-min)	Tamara	SATURDAY		
4:30p	Hot Vinyasa*** Express (45-min)	Valeriia	8:15a	Pilates Barre***	Valeriia
5:30p	Hot Vinyasa***	Amanda F.	9:30a	Hot Vinyasa***	Terra
7:00p	Hatha**	Julie	9:45a	Hatha*	Sara
8:15p	Hot Vinyasa*** Express (45-min)	Angela	9:45a	Pilates Barre***	Valeriia
			11:15a	Hatha*	Sara
WEDNESDAY			11:30a	Hot Yoga Tone***	Steven
6:30a	Yoga & Weights***	Barb	SUNDAY		
9:30a	Hot Vinyasa***	April	9:00a	Hot Vinyasa Flow***	Lindsay
9:30a	Yoga Ballet Barre**	Diana	9:45a	Hatha Yoga*	Monique
9:45a	Hatha*	Amanda T.	10:30a	Hot Vinyasa Flow***	Lindsay
10:00a	Yoga and Weights***	Heather	11:15a	Hatha Flow**	Monique
11:15a	Vinyasa***	Diana	6:00p	Restorative*	Donna S.
11:15a	Chair*	Donna			
4:30p	Booty Barre*** Express (45 min)	Valeriia	CLASS DIFFICULTY RATINGS		
5:15p	Hot Vinyasa***	Christine	*Beginner		
6:00p	Hatha* (Shapes of Grace)	Amanda L.	**Beginner/Intermediate		
6:00p	Mat Pilates**	Amanda T.	***Intermediate/Advanced		
6:45p	Hot Vinyasa***	Terra			
7:00p	Hatha*	Danielle			
7:15p	Warm Yin Restorative*	Sara			
8:15p	Hot Vinyasa*** Express (45-min)	Angela			



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CLASS DESCRIPTIONS

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.

Core Fusion*** - This intense workout style class combines personal training exercises, Pilates and yoga for a workout that is sure to make you sweat and feel the burn!

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.

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.

Hot Yoga Tone*** - 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.

Mat 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.

Pilates Barre*** - This class fuses the precision of Pilates and strength-based exercises using the barre as a prop to balance as you intensely engage and work muscles you never knew you had! Come prepared to feel your core like never before! You will not only sweat but also have a ton of fun!



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CLASS DESCRIPTIONS

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. 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.

Warm Slow Deep Flow*** - The flow and challenge that you love about a Vinyasa class but the long held postures you love about a challenging Hatha class. Consider this class a throwback to a Classical Hatha class - lots of Namaskars (Sun Salutations) followed by long held postures of the standing, balancing and arm balancing variety giving you an opportunity to absorb the practice in your mind, body and heart.

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.

Yin Yoga* - Yin Yoga is a slow and mindful practice that targets the deepest layers of our body such as our bones, ligaments and deep fascial network as opposed to our muscles. It's most effective at releasing these areas of your body when practiced in the morning. Practicing Yin Yoga is extremely helpful for managing stress and anxiety because of the stillness and concentrative aspect of this practice. Find yourself refreshed and reconnected to your mind, body and soul!

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!

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.