



There will only be one class on **JULY 4 10AM** with **PATTI**. Don't forget **YOGA IN THE PARK** at **THE HARBOR** on **SUNDAY JULY 5!**

GAIN STRENGTH • CULTIVATE FOCUS • RELEASE TENSION • BUILD FLEXIBILITY • FIND PEACE • CULTIVATE FOCUS • RELEASE TENSION • BUILD FLEXIBILITY

JULY 2009 ROCKWALL LOCATION



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY KIDS	SUNDAY
5:30AM DENISE		5:30AM PATTI		5:30AM LANA		★ APY KIDS ★	
9:00AM DENISE	9:30AM PATTI	9:00AM CINDY	9:30AM PATTI	9:00AM LANA	8:30AM CINDY		11:00AM PATTI
5:45PM LANA	4:45PM LANA 6:00PM LANA	5:45PM JENN U	4:45PM PATTI 6:00PM PATTI (ZUMBA)		10:30AM PATTI 11:45AM PATTI (ZUMBA)		4:00PM DENISE
7:00PM LANA		7:00PM JENN U					

CLASSES ARE DESIGNED TO WELCOME BEGINNERS AND SEASONED PRACTITIONERS.
* TEACHERS SUBJECT TO CHANGE – CHECK WEBSITE FOR UPDATES

APY ROCKWALL 2845 RIDGE RD SUITE D209 ROCKWALL, TX 75087 (214) 771-4400

AMERICANPOWERYOGA.COM



WWW.AMERICANPOWERYOGA.COM

WHAT TO EXPECT IN AN AMERICAN POWER YOGA CLASS

- A gently heated room of 85 degrees with 65% humidity.
- A simple and effective breath-based Tai Chi warm up.
- A complete body workout.
- An open level class where every pose can be modified, with the beginner in mind, and intensified for the season yogi and athlete.
- A fluid presentation of poses linked with the breath to help cultivate focus and stay present.
- A highly trained instructor who descriptively walks you through every pose in plain English, by demonstrating, and uses non-evasive adjusting.
- You will Gain Strength, Cultivate Focus, Release Tension, Build Flexibility, and Find Peace in one hour.

Best of Citysearch
Winner 2007-2008



FIVE DAYS JUST

\$5

FIRST TIME VISITORS ONLY.
CLASSES MUST BE TAKEN ON FIVE
CONSECUTIVE DAYS.



DALLAS COWBOY CHEERLEADERS

"Find out why apy is the most fulfilling and amazing style of yoga in the world."
Official yoga studio of the Dallas Cowboy Cheerleaders

5400 EAST MOCKINGBIRD LANE DALLAS, TX 75206
469-232-YOGA(9642)

670 NORTH COIT ROAD RICHARDSON, TX 75080
972-497-YOGA(9642)

2845 RIDGE ROAD SUITE D209 ROCKWALL, TX 75087
214-771-4400