



www.InspiringActions.com

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INSPIRING ACTIONS  
Yoga

# Hudson & River Falls

## Studio Schedule May 1-June 4

**1370 Hosford Street - Hudson, WI 54016 - 128 South Main Street - River Falls, WI 54022**

### Monday

8:15-9:15a	Somatic Movement <b>Hudson</b>	Renee
9:30-10:30a	Mixed Level <b>Hudson &amp; Virtual</b>	Nealee
5:30-6:30p	Yoga for Hips + Glutes <b>Hudson &amp; Virtual</b>	Tracey
5:45-6:45p	Mixed Level <b>River Falls</b>	Monica
7:00-8:00p	Calming Candlelight Flow <b>River Falls</b>	Monica

### Tuesday

8:15-9:00a	Beginning Barre <b>Hudson</b>	Dana
9:30-10:30a	Gentle Yoga <b>Hudson &amp; Virtual</b>	Sam
12:15-1:00p	Lunchtime Yoga <b>River Falls &amp; Virtual</b>	Tracey
4:30-5:30p	Strength & Stretch <b>River Falls</b>	Kelsey/Tovah
5:45-6:45p	Core & More <b>River Falls &amp; Virtual</b>	Kelsey/Tovah
6:00-6:45p	Power Vinyasa Express <b>Hudson</b>	Deb

### Wednesday

8:15-9:15a	Core & More <b>Hudson &amp; Virtual</b>	Dana
9:30-10:30a	Gentle Yoga <b>River Falls &amp; Virtual</b>	Nealee
12:15-1:00p	Lunchtime Yoga <b>River Falls</b>	Monica
4:30-5:15p	Yoga Strength w/ Props <b>Hudson</b>	Tori
5:30-6:30p	Yin Yoga <b>Hudson</b>	Tori
6:45-7:45p	Gentle Yoga <b>River Falls &amp; Virtual</b>	Nealee/Kelsey

### Thursday

6:45-8:00a	Walk and Stretch <b>Hudson</b> (starts 5/11)	Deb
9:30-10:30a	Hatha I Yoga <b>Hudson &amp; Virtual</b>	Lucy
10:45-11:45a	Chair Yoga <b>River Falls</b>	Jackie
4:30-5:30p	Vinyasa Flow <b>River Falls</b>	Tovah
5:30-6:15p	Barre Yoga Express <b>Hudson</b>	Kelsey
6:00-7:00p	Mixed Level <b>River Falls &amp; Virtual</b>	Ashley/Ali

### Friday

9:30-10:30a	Mixed Level <b>Hudson</b>	Dana
9:30-10:30a	Gentle Yoga <b>River Falls &amp; Virtual</b>	Jackie
10:45-11:45a	Somatic Movement <b>River Falls</b>	Jackie
5:45-6:45p	Restorative Yoga <b>Hudson &amp; Virtual</b>	Angela
5:45-6:30p	Strength & Stretch Express <b>River Falls</b>	Shannon/Ali

### Saturday

8:00-9:00a	Mixed Level <b>Hudson</b>	Jen
9:30-10:30a	Flow & Restore <b>River Falls &amp; Virtual</b>	Tovah
9:30-10:30a	Gentle Yoga <b>Hudson</b>	Tracey

### Sunday

9:00-10:00a	Lukewarm Stretch <b>Hudson &amp; Virtual</b>	Angela
10:00-11:00a	Mixed Level <b>River Falls</b>	Anjelica
4:00-5:00p	Flow & Restore <b>Hudson</b>	Tori

### IA Memberships and Class Packages

We are a part of the \$20 Fitness Reimbursement Program

### New Student Special

4 Weeks for \$59

### Drop-in Options

### Senior (60+)/Student

Single Class.....\$25.....\$20

10-Class Package.....\$180.....\$144

### Unlimited Options

Unlimited Monthly .....\$129.....\$109

Unlimited Monthly Family..\$189

### Flex Plan

Flex - 5 classes/month.....\$79

### Traveler

7 Consecutive Days for \$57

### **New To Yoga? Try Yoga 101**

#### **An Introductory Series with Tracey Mortensen**

We invite you to dip your toes into the healing waters of yoga. **Yoga 101** is a 4-week series that will introduce the physical, mental and spiritual benefits of yoga. In our intimate and friendly environment, you'll learn the history of yoga and gently be guided into your own physical yoga practice.

**Cost: A discounted/prepaid rate of \$48**

(\$85 Value) **Pre-registration is required**

Call 715-381-3148 or

email help@inspiringactions.com with any questions or to register.

### **Other Services**

#### **Corporate Wellness**

We provide a unique opportunity for employers to participate in their employee's health and wellbeing. Our highly skilled yoga instructors will help relax and energize the minds and bodies of your staff, reduce tension, and clear the mind of job-related pressure and stress.

#### **Private Yoga Parties**

Birthday? Girl's Night? Couples Night?

Celebrate your special event with a private yoga party. A 75 minute class is \$20-25 per person with a 5 person min..

#### **Private Yoga**

Tracey, E-RYT 200, RYT 500, is now accepting private yoga clients. Why private yoga? You will have dedicated time to work specifically on your goals. We can work on poses, meditation, visualization, breath, etc.

1 hour session \$95

3-pack \$255

Email help@inspiringactions.com if interested.