

WELLNESS TO THE CORE

Most Begins- Sept 24th

**Check the schedule or Facebook for updates before attending to see location at the Studio or Amphitheater*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>9 am Barre & Pelvic Floor Beginner to Advanced</div> <div>10 am Monday Morning Stretch 75 mins</div> <div>6 pm Hot Yoga Flow</div>	<div>9 am Pilates Sculpt W/ Weights 45 mins</div> <div>New times 4:30 pm Barre & Pelvic Floor Beginner to Advanced 45 mins</div> <div>5:30 pm Refine& Align (Great for beginner to advanced students)</div> <div>(Begins Oct 7th) 6 pm Pre/Post-Natal Yoga</div>	<div>9 am Gentle Yin Yoga Great for Beginners <i>*For All Levels -</i></div> <div>New times 6 pm Hot Yoga Flow</div> <div>(Begins Sept 24th) 6pm Gentle Yin/ Restorative Yoga @ Studio <i>*For All Levels</i></div>	<div>9 am CORE FIT W/Weights 45 mins</div> <div>10 am Safe & Sound Yoga</div> <div>11:15 am Qi Gong Energy & Stretch <i>*For All Levels</i></div> <div>New times 4:30 pm Pilates Sculpt W/ Weights</div> <div>(Begins Sept 25th) 6 pm Mindful Movement @ Studio <i>*All Levels; Hybrid: Mat &/or Chair 75 Mins</i></div>	<div>9 am CORE POWER 45 mins</div> <div>10 am Mixed Yoga @ Studio - 75 mins <i>*For All Levels</i></div>	<div>Weather Permitting 10 am Morning Lake Yoga ® @ Amphitheater Great for Beginners <i>*For All Levels</i></div> <div>Events & Workshops FOAM ROLLER WORKSHOP Pelvic Floor & SMFR (Self Massage) with ANGEL Nov. 8th 10:30am -12:30pm \$45 with Roller \$25 BYO-Roller</div>	<div>Weather Permitting 10 am "Soulful Sunday" Lake Yoga® @Amphitheater All Levels</div> <div>Watch Facebook For More Events</div> <div>Go to wttcore.com for more info & to register for classes or follow us of Facebook for the latest updates!</div>

Specific colors indicate specific teacher

Molly
Margie

Carla
Ty

Alternate Teachers
ANGEL

WELLNESS TO THE CORE

BEGINNERS

Monday Morning Stretch- Wake up easy and get moving in this All Levels flow class that will guarantee that you are ready to face the day with a smile. Breath and movement merge to stretch the body and awaken the mind in a perfect mix of light workout and deep stretch. A good morning begins a great day!

Chair Yoga (Donation-Based) A gentle yoga class using a chair for support—perfect for all bodies and abilities. We'll explore mindful breathing, meditation, and a mix of seated and standing poses. Ideal for: Beginners, Seniors, ☑ Those with stiffness, joint pain, or physical limitations, Anyone seeking a more accessible, judgment-free practice. Move, breathe, and feel good—your way.

Safe & Sound Yoga- A gentle, yet energizing Hatha yoga class that focuses on dynamic breathing, stretching & releasing postures for specific areas of the body such as neck and lower back. The emphasis is on taking time out for yourself and improving well being. This class is appropriate for students from beginner to experienced. Come create your own practice for your inner self!

Mixed Yoga- A mixed level class good for beginners and intermediate students alike. Students will find a mix of yoga approaches and will practice breath work, postures, movement and meditation. Classes include least one restorative pose. A great way to move into the weekend!!

Gentle Yin Yoga- Yin yoga is a deeply restorative and grounding practice designed to balance the body and quiet the mind. Through long, gentle holds and the generous use of props, you'll be supported in each posture so you can soften, release tension, and move past resistance. This slower pace encourages stillness, flexibility, and a deeper connection to your breath, helping you restore balance and leave feeling calm, centered, and renewed.

Qigong- Qigong is a gentle, flowing practice that combines movement, breath, and mindfulness to restore balance and energy. Often called "meditation in motion," it's perfect for reducing stress, improving flexibility, and enhancing overall well-being.

Beginners cont'

Mindful Movement- A gentle, supportive class that blends mat and chair-based yoga to improve strength, balance, flexibility, and body awareness. Perfect for beginners, those recovering from injury, or anyone looking for a slower, more intentional pace. We move with breath, listen to our bodies, and explore mobility in a safe, inclusive space. Come as you are. All bodies welcome. Mindful. Grounded. Empowering

Intermediate to Advanced

HOT YOGA FLOW- Hot Yoga is a form of Hatha yoga performed in a heated room 98-100. Beginning with a breathing exercise to warm up, progressing through asana (postures) or sequence of poses and finishing with a toxin-eliminating breathing.

*Please bring your own Mat, Beach & hand towel plus water!

BEGINNERS to INTERMEDIATE

ALL LAKE YOGA® - are located at the Amphitheater on Lake Shore Dr.
(Depending on weather conditions)

By getting out of the studio and into nature (weather permitting), you can experience yoga as it was originally intended and awaken your body, mind and spirit... This class is for beginners to advanced students. Modifications on poses are offered for varying levels. So bring your mat, a hand towel, extra props like a blanket, blocks or strap, sunscreen, sunglasses and some water...and salute the sun!

These classes are all donation based.

(Or you may use your Studio packages, must sign in book day of class)

If inclement weather at the lake and we need to cancel or change locations to the studio, please watch Facebook or text the teacher, to confirm the class.

More on the next page...

WELLNESS TO THE CORE

Core and Stability

Barre & Pelvic Floor- A low-impact class that blends Barre movement with targeted pelvic floor strengthening. Designed to build deep core strength, stability, and confidence—perfect for postpartum, perimenopause, menopause, or anyone wanting to move smarter. No experience needed. Just show up and feel supported.

Piyo-Fusion- w/weights -A fusion of Yoga and Pilates: Achieve optimal strength, flexibility and endurance; with add weights to sculpt not building bulk. With added focus on core stability, each class is different as we use different props to achieve maximum benefits. Suitable for all levels. 45 Mins.

Core Fit w/weights A great workout for the entire torso, challenging exercises will target the lower and upper abdominals, oblique's, back, and hip flexors. This powerful workout for the "powerhouse" of your body is only 45- minutes. *Modifications for beginners will be provided.*

Core Power-A combination of core based movements. This class is designed to maximize the benefits of a well rounded, whole body, abs and back workout utilizing a variety of equipment such as Stability Ball, JC Resist Power Bands. Suitable for all levels. 45 mins.

***More Classes offered upon request at the studio**

For Prenatal Yogi's -(Upon request)

Prenatal and Postnatal Yoga- A wonderful opportunity for you to take time to connect with the changes in your body and connect with your baby. In our classes you will build strength, increase flexibility, and work with your breath whether you are preparing for or have recently experienced childbirth and motherhood. Yoga postures during pregnancy will strengthen the uterus and pelvic muscles, improve circulation, aid digestion, exercise the spinal column, relieve fatigue and tension and revitalize the internal organs. Yoga can also alleviate many of the common discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica. Breathing practice during pregnancy opens the chest and helps to improve circulation in both mother and baby. It also calms the nerves and gives the mother greater control of her breathing during labor.

ASK ABOUT OUR PRIVATE CLASSES & YOGA PARTIES

*****Please register online****

Or contact 419-733-3066 by text or call to ensure there is a class and/or enough room. If you are not a regular student.

210 W. Market St. Celina, OH

419-733-3066 www.wttcore.com or contact angel@wttcore.com for more questions.

**Please consult your physician before beginning classes
or any other exercise program**

(Unless indicated all classes are approx. 1 hour)

Classes are subject to change based on class attendance & student request!!