



## EXHALE SOUTH BEACH HOLIDAY CLASSES

### Thursday 12/24

10:00am Silent Night Flow Yoga with Silent Meditation - Beach

### Friday 12/25

10:00am "Cheers to Us" Barre class - Beach

12:15pm "Cheers to Us" Barre - Studio

5:00pm Cultivating Peace Holiday Flow - Beach

### Saturday 12/26

9am Barre less Beach Barre - Beach

10am Beach Flow - Beach

12:15 Barre - Studio

5pm Beach Flow Yoga - Beach

### Sunday 12/27

9:30am Beach Flow yoga - Beach

11am Barre -Studio

12:15pm Barre -Studio

5pm Beach Flow yoga - Beach

### Monday 12/28

10am Beach Flow Yoga - Beach

### Tuesday 12/29

10am Barre less Beach Barre - Beach

### Wednesday 12/30

9am Beach Flow Yoga - Beach

10:30am Kids Yoga - Studio

### Thursday 12/31

9am am Letting Go and Creating Flow into the New Year - Beach

10:30am Kids Yoga - Studio

12:15pm NYE Barre Bash Party (BYE BYE 2020 Playlist) - Studio

### Friday 1/1

10:00am "Start the New Year Right" Barre - Beach

12:15pm "Start the New Year Right" Barre - Studio

5pm Intention Setting Flow - Beach

### Saturday 1/2

9am Barre less Beach Barre -Beach

10am Beach Flow - Beach

12:15 In Studio Barre - Studio

5pm Beach Flow Yoga - Beach

## HOLIDAY CLASS DESCRIPTIONS

### “Cheers to Us” Barre

Our world-famous barre class set to holiday themed music.

No muscle will be left untouched! Join us as we sculpt, shake and celebrate this holiday season together.

### Cultivating Peace Holiday Flow

Cultivate peace through mindful movement and an inspiring flow. Enjoy deep breathing and the focus on alignment. Flow to the latest beats through poses that leave you a little stronger, a little sweatier, and a lot more peaceful than when you came in.

### Letting Go and Creating Flow into the New Year

Mindful movement. Athletic, inspiring flows. Deep breaths. This flow focuses on letting go and flowing into the New Year. What can you let go of to feel lighter, brighter and more in tune than ever?

### “Start the New Year Right” Barre

Start the New Year Right! Our barre class combines our signature approach of sustained holds and micromovements with decades of innovation and the latest movement science – straight from the experts. Leave no muscle untouched in this effective total body workout that will tone your muscles and make you shake. (Trust us – it burns so good.) Stand taller. Leave stronger.

### New Year Intention Setting Flow

Intention setting is what will fuel the fire for this inspiring flow. Deep breaths and the focus on alignment will allow you to set your intentions and create your heart’s desire this year. Flow to the latest beats through poses that leave you a little stronger, a little sweatier, and a lot more relaxed than when you came in.

### NYE Barre Bash Party (BYE BYE 2020 Playlist)

This is what we’re famous for. Our barre class combines our signature approach of sustained holds and micromovements with decades of innovation and the latest movement science – straight from the experts. Leave no muscle untouched in this effective total body workout that will tone your muscles and make you shake. (Trust us – it burns so good.) Stand taller. Leave stronger.