



Roof Top Yoga

Sunrise Yoga (All Levels)

Saturdays 7:30 am - 8:30 am
w/Sirad

Welcome the sun's energy with an invigorating sequence of meditative breath and mindful flow between poses. Improve flexibility, balance, core strength & postural awareness.

Sunset Yoga (All Levels)

Wednesdays 6:30 pm - 7:30 pm
w/Karen

Link your breath with a mindful and vigorous flow beginning with a gentle warm-up and ending with a relaxing cool down. Build strength, flexibility, and focus while challenging yourself, cleansing the body, and calming the mind.
No prior experience necessary.

Location:

Atlantis Sports Club Sundeck

(Located Inside the Hyatt Regency)

** Indoor space available in the event of inclement weather*

FREE HOTEL PARKING

Atlantis Members \$10

Hyatt Guests \$5

Drop - In \$15

* ID REQUIRED



617.441.6501
www.atlantissportsclubs.com