

# JRY YOGA CLASS CLUB CHECKLIST

## APRIL 2024

If you check 5 boxes by the end of the month, you get a gold star! If you check all 10 boxes, double gold star!

(Feel free to cross out and write in any other class if one of these classes isn't a good fit for your practice.)

### COMPLETED?

**Warm Up Flow** – #51 A Little Lower Body Flow: 1x / week

*Dates practiced:* .....

**Warm Up Flow** – #50 Fun Flow With Hamstring Activation: 1x / week

*Dates practiced:* .....

**Gentle Yoga Practice** – Gentle Backbends Practice: 1x / month

*Dates practiced:* .....

**Gentle Yoga Practice** – Holding the Big Toe w/ Joe Miller: 1x / month

*Dates practiced:* .....

**Active Yoga Practice** – Lower Body Mobility Flow: 2x / month

*Dates practiced:* .....

**Active Yoga Practice** – Circular Whole Body Practice: 2x / month

*Dates practiced:* .....

**Active Yoga Practice** – Low Whole Body Flow: 2x / month

*Dates practiced:* .....

**Strong Yoga Practice** (optional!) – Vigorous Vinyasa Flow 5: 2x / month

*Dates practiced:* .....

**Strong Yoga Practice** (optional!) – All Sun Salutations, All the Time: 2x/month

*Dates practiced:* .....

**Specialty Class** (optional!) – Hip Stability Flow: 1x / month

*Dates practiced:* .....