



YOGASIX

INDIANAPOLIS COMING SOON!

EXPERIENCE THE MIND-BODY PRACTICE
OF YOGA THAT IS ENERGIZING, EMPOWERING, AND FUN

JOIN NOW AS A
FOUNDING MEMBER

UNLIMITED YOGA FOR 94.50/MO*

25% SAVINGS *LIMITED NUMBER OF FOUNDING MEMBERSHIPS AVAILABLE

YOGASIX INDIANAPOLIS

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CALM MIND. STRONG VIBE. SWEAT TRIBE.

YOUR MAT IS WAITING... GET YOUR SIX ON.

Y6 101

Everyone starts somewhere. These classes will develop your strength, flexibility, comfort level and stamina as you challenge your body and mind. Y6 101 classes are led by expert instructors who will skillfully guide the class through a full-body experience, complete with breath work.

Y6 RESTORE

Calling all runners, spinners, constant-sitters, and never-quirters. These classes emphasize floor postures to stretch, open and release the major muscle groups of the entire body. Students who take this class regularly report fewer injuries, improved sleep, and reduced aches and pains.

Y6 SLOW FLOW

That slow flow, tho. These classes flow at a slowed down pace so there's time to explore individual postures and transitions. You will gently engage, open and strengthen the body by tapping into accessible poses, fluid movement and breath.

Y6 HOT

Hot vibes for our sweat tribes! Come hydrated and get ready to sweat in our heated practice rooms that'll leave you feeling detoxed and invigorated. This sequence will leave you feeling perfectly balanced inside and out, from bottom to top.

Y6 POWER

Heat it. Push it. Work it. These classes are heated, strength building, full-body blasts designed to build focus, endurance, and flexibility.

Y6 SCULPT & FLOW

Leave your shoes at the door and everything else on the floor. Y6 Sculpt & Flow classes are the perfect blend of yoga and weight training.

