

Mind and Body

Group Fitness Schedule 1.2.17

Monday

*7:00 am	Basic Yoga	Shelley
*10:00 am	Total Body Pilates	Jayne
10:00 am	Progression Yoga	Angela
*11:00 am	Meditation	Angela
*12:00 pm	Asana Yoga	Kristie
*5:15 pm	Ball'ates	Tori
*6:15 pm	Meditation	Amy/Shelley
*6:30 pm	Aerial Yoga	Amy/Shelley

Tuesday

*7:00 am	Asana Yoga	Kendra
*10:00 am	Yoga Flow	Marta
*7:30 pm	Kundalini Vinyasa Flow	Diana

Wednesday

*7:00 am	Ball'ates	Tori
*10:00 am	Progression Yoga	Angela
10:00 am	Vinyasa Pilates	Amy
*11:00 am	Meditation	Amy
*12:00 pm	Asana Yoga	Tia

Wednesday

4:15 pm	PiYo	Shelley
*6:15 pm	Meditation	Kendra
*6:30 pm	J'nana Yoga	Kendra

Thursday

*7:00 am	PEY	Angela
*10:00 am	Yoga Flow	Marta
*7:30 pm	Stress Relief Yoga	Diana

Friday

*7:00 am	J'nana Yoga	Kendra
*12:00 pm	Mixed Level Yoga	Shelley
*4:30 pm	Yoga for Kids	Diana
*5:30 pm	Yin Yang Yoga	Diana

Saturday

*9:00 am	Pilates	Rotating Instructor
*10:00 am	Yoga Flow	Marta

Sunday

*10:00 am	Restorative Yoga	Kendra
*4:45 pm	Yoga Glow	Marta

Class Descriptions

Aerial Yoga- Increase your kinesthetic awareness for better agility, build core strength, elongate your muscles and get a low-impact cardiovascular workout while suspended in an aerial yoga swing. This class will show results after one session.

Asana Yoga – a class with the focus on the asana (poses). The results will be strength and stamina in an easy to follow flow.

Ball'ates- Get a dancers body with this sculpting class that combines ballet dance techniques with pilates. You will become stronger and more flexible.

Begin Yoga- A great yoga practice that flows at an easy to follow pace and poses for every body.

J'nana Yoga – an exploration of yoga using powerful poses and knowledge of yoga. A great class for all levels.

Kundalini Vinyasa Flow- an intermediate yoga flow class combined with bursts of kundalini cleansing energy work.

Intermediate Yoga- This is our hour and 15 minute workout will challenge most conditioned athletes, with special emphasis on arm balances, inversions, and twists. Prior yoga experience recommended

Meditation- A 15 minute guided meditation with a simple 10 minute seated yoga warm

up to prepare for meditation. Meditation can be done in a chair or seated on yoga blankets. Calm your mind, settle your body and find a softer focus to your day. Beginners to practicing meditators will benefit from this class.

PEY- (performance enhancing yoga) whether you're a newbie or a serious athlete you want an edge. Reboot and tune into your body with focus on increasing flexibility, stabilizing joints, opening hips and shoulders and balance. All levels welcome.

Pilates- an intense mat workout that stretches muscles while increasing strength.

PiYo- Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga

Progressive Yoga- establish a strong foundation for your yoga practice. This class builds on the basics of flexibility advantages of yoga

Stress Relief Yoga- A gentle restorative class combined with aromatherapy to help you relax and unwind

Total Body Pilates- This pilates class goes beyond the core the stretch and strengthen your body from head to toe

Vinyasa Pilates- A twist on pilates and yoga with a focus on stretch and strength and the benefits of both

Yin Yang Yoga- Intermediate yoga flow class followed by prolonged holds in each pose to release muscle fascia

Yoga For Kids- A playful and fun approach to yoga for children of all ages

Yoga Flow- a vinyasa style class that can be adapted to all abilities. This class is designed to be a moving meditation with a focus on a flowing breath that connects mind, body and spirit, safe alignment, and ends in a guided relaxation.

Yoga Glow- A moving meditation at a relaxed pace to deepen the benefits of yoga postures, deepen your heart rate and deepen breath. Class ends with a 10-15 minute relaxation period to experience the well researched benefits of meditation.

*Classes taught in the Dance Room