

# January 5 -- March 29, 2015 Mind-Body Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		*Vinyasa (CR) 9:30 AM Janet B.			*Hatha@Grizwold 8:30 AM Janet S.	
*Barre50 10:45AM Janet B.				*Gentle Yoga 10:45 AM Janet S.	*Hatha@Grizwold 10:00 AM Janet S./Kathleen	*Barre50 11:15 AM Janet B.
	Core Flow (CR) 12:15PM Stephanie (P)	*Pilates/Yoga 1-2 10:45 AM Janet B.	Core Flow (CR) 12:30 PM Brandi/Ser (P)			
(P) Flow50 4:30 PM Janet B.		*Barre50 4:30 PM Janet B.	*Pilates Mat 1-2* (CR) 5:45 PM Janet B.	<p>For the mind-body classes that are shaded, drop-in participation is not allowed due to the progressive nature of the class.</p> <p>For the mind-body classes that are not shaded, drop-in participation is permitted. Drop-In Fee: \$10/Class</p> <p>The mind-body classes marked with a (P) are included in our Group Fitness Punch Cards and Monthly Unlimited Pass. Drop-In Fee: \$6/Class</p>		
Core Flow (CR) (P) 5:30 PM Stephanie						
	*Pilates Mat 2 7:00 PM Janet B.	(P) Core Flow 7:30 PM Stephanie				
	*Arupa Yoga (CR) 7:00PM Thatcher		*Vinyasa Yoga (CR) 7:00 PM Janet B.			



## Winter Session Dates:

Winter I: January 5 -- February 15

Winter II: February 16 -- March 29

CR=Community Room

All of the classes with a \* on this schedule are taught in sessions.

Pre-registration for sessions is strongly encouraged. To reserve a space throughout the session for a particular class please pre-register at our Customer Service Desk.

Please Note: Drop-in space may be limited.

Please see the back of this schedule for class descriptions.

**Drop-In Classes:**

**Core Flow:** This class uses elements of yoga to increase overall flexibility and strength with a focus on the muscles of the core. Yoga experience recommended.

**Flow50:** Come work up a sweat in this 50 minute Flow class! Flowing yoga links rhythmic breath with movement, allowing for fluid transition from posture to posture. Classes are structured around Sun Salutations, so a basic understanding of this sequence is recommended. Modifications will be offered and every student is encouraged to move at their own pace.

**Gentle Yoga:** Welcome to a gentle morning yoga class geared for the student with little or no experience in yoga. This class consists of an introduction to the basic poses and learning the yogic breath.

**Hatha Yoga:** This is a program of gentle stretches and relaxation techniques designed to increase flexibility and strength, as well as reduce stress and tension. Bring a mat or blanket, empty stomach, comfortable clothes, and bare feet. Listen to your body and respect your own limits. Some AcuYoga, acupressure points, and reflexology will be incorporated.

**Session-Based Yoga Classes:**

**Arupa:** Your body changes every day and your yoga should be flexible enough to match its moods. Arupa's unique approach provides a framework that will guide you through postures, while giving you the tools and the freedom to personalize your practice. Befriend your body and awaken the insight that will bloom into your authentic expression in yoga and in life. No beginners please.

**Essential Yoga:** No Drop-Ins Permitted. Education is always beneficial. Understanding yoga's fundamentals will make your practice safer and more effective. Receive a practical working knowledge of the primary postures that basic asana instruction can't provide. Hands-on assisting will teach you what it feels like to be in safe, stable, comfortable alignments, so they become the norm. Start your practice off right or find out what you've been missing with these essential lessons.

**Vinyasa:** Vinyasa flow yoga links rhythmic breath with movement, allowing for smooth transition from posture to posture. This is a moderately paced class that will develop strength, flexibility and balance as well as create a relaxed state of being. A good portion of the class is structured around Sun Salutations, so a basic understanding of this sequence is recommended. Modifications will be offered and every student is encouraged to move at their own pace.

**Session-Based Pilates Classes:**

**Pilates** works the core muscles of the spine and abdominals to achieve lean muscle mass, efficient movement, and improved alignment. This non-impact approach works as well for the seasoned athlete as it does for the average workout enthusiast or beginner.

**Pilates Mat Level 1-2 (Beginner-Intermediates—Mixed Level):** Moderately paced, seasoned regulars and beginning students will get a well-balanced workout in this class.

**Pilates Mat 2 (Advanced Beginner-Intermediates—No Beginners):** This class is for students with previous Pilates Mat experience. Props will be incorporated for added challenge.

**Pilates/Yoga 1-2 (Beginner-Intermediates—Mixed Level):** Enjoy one hour of the best of both worlds with our Yoga/Pilates Fusion class. You will find strength, balance, and flexibility all drawn together using deep breathing techniques. Plan to leave feeling strengthened and refreshed!

**Session-Based Barre Classes:**

**Barre50:** Get ready to tone and sculpt long, lean muscles, and build a stronger core. Improve balance while increasing flexibility and endurance. This 50-minute class blends elements of Pilates, yoga, ballet, cardio, and strength training for an invigorating and fun workout. Props will be incorporated and modifications offered.