



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YOGA & PILATES SCHEDULE

	Time	Class	Instructor	Location
<b>Monday</b>	9:00 AM	Yoga Flow and Restore	Katherine	Yoga & Pilates Studio
	10:00 AM	Chair Yoga	Sissy	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	1:10 PM	Yoga	Sissy	Yoga & Pilates Studio
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
<b>Tuesday</b>	5:15 AM	Cardio Barre	Brandi	Group Fitness Studio
	8:00 AM	Yoga Flow	Jill T.	Yoga & Pilates Studio
	8:00 AM	CORE	Amber	Group Fitness Studio
	10:00 AM	Chair Yoga	Amber	Community Room
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	Gentle Motion Tai Chi	Carisa	Yoga & Pilates Studio
	1:15 PM	Yoga	Amber	Yoga & Pilates Studio
5:30 PM	Rocket Yoga	Jessica	Yoga & Pilates Studio	
<b>Wednesday</b>	9:00 AM	Power Flow	Erin	Yoga & Pilates Studio
	9:00 AM	Cardio Barre	Brandi	Group Fitness Room
	10:00 AM	Chair Yoga	Amber	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
<b>Thursday</b>	5:15 AM	Cardio Barre	Brandi	Group Fitness Room
	8:00 AM	Yoga Flow	Jill T.	Yoga & Pilates Studio
	8:00 AM	CORE	Erin	Group Fitness Room
	9:00 AM	Yoga Flow and Restore	Katherine	Yoga & Pilates Studio
	10:00 AM	Chair Yoga	Carisa	Community Room
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	Gentle Motion Tai Chi	Carisa	Yoga & Pilates Studio
	1:15 PM	Yoga	Amber	Yoga & Pilates Studio
5:30 PM	Rocket Yoga	Jessica	Yoga & Pilates Studio	
<b>Friday</b>	5:30 AM	Pilates	Lauren	Group Fitness Room
	8:00 AM	Yin Yoga	Jill T.	Yoga & Pilates Studio
	9:00 AM	Cardio Barre	Brandi	Yoga & Pilates Studio
	10:00 AM	Chair Yoga	Amber	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Room
<b>Saturday</b>	9:00 AM	Yin/Yang Yoga	Christi	Yoga & Pilates Room

## CLASS DESCRIPTIONS

All Levels Yoga	Sequencing poses through movement, focusing on proper alignment balance, and breath, while creating strength & flexibility.
CORE	Much like traditional pilates with an emphasis on the glue that holds your body today- your core! Your hips, butt & back will get a great workout in too!
Chair Yoga	Perfect for beginning yoga students and those with physical challenges who find it difficult to get on and off the floor as required in a traditional yoga class. The postures are chosen to protect joints, strengthen balance and increase range of movement.
Power Flow	Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance
Rocket Yoga	Similar to power flow, Rocket yoga is a more accessible form of the Asthanga Vinyasa. Both dynamic and fast paced. This class is the perfect blend of the traditional yoga asanas and fun flows linked to upbeat music guaranteed to be an exciting yet challenging, action packed, sweaty class!
Flow Yoga	If you've been curious about yoga, but maybe a little intimidated, this class is designed to help you become familiar with basic yoga postures, breathing and techniques.
Pilates	Improve flexibility and strengthen without building bulk. Beginners, advanced, those in rehab, and expectant mothers participate in a series of controlled movements done in sequence.
Yoga	This program incorporates the best of stretch, strength, and stabilization training. Exercises are designed to develop strength and flexibility to counter balance the stress of day to day life.
Yin Yang Yoga	A harmonious blend of two styles of yoga. The class starts with a slow paced practice and transitions to a more active and dynamic flow. All levels welcome!
Gentle Motion Tai Chi	A Gentle movement class adapting Tai Chi postures to improve balance, strength and Flexibility