



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA & PILATES SCHEDULE

	Time	Class	Instructor	Location
	8:00AM	Power Yoga	Jill T.	Yoga & Pilates Studio
Monday	9:00 AM	Cardio Barre	Brandi	Yoga & Pilates Studio
	10:00 AM	Chair Yoga	Sissy	Community Room
	11:00	Simply Stretch	Rachel	Yoga & Pilates Studio
	1:10 PM	Yoga	Sissy	Yoga & Pilates Studio
	4:30 PM	Holy Yoga	Tracey	Yoga & Pilates Studio
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
Tuesday	5:15 AM	Cardio Barre	Brandi	Group Fitness Studio
	8:00 AM	Yoga Flow	Jill T.	Yoga & Pilates Studio
	8:00 AM	CORE	Shannon	Group Fitness Studio
	10:00 AM	Chair Yoga	Lucretia	Racquetball Court #3
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
Wednesday	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	9:00 AM	Power Flow	Erin	Yoga & Pilates Studio
	9:00 AM	Cardio Barre	Brandi	Group Fitness Room
	10:00 AM	Chair Yoga	Lucretia	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	4:30 PM	Holy Yoga	Tracey	Yoga & Pilates Studio
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
Thursday	8:00 AM	Yoga Flow	Jill T.	Yoga & Pilates Studio
	8:00 AM	CORE	Erin	Group Fitness Room
	10:00 AM	Let's Move and Stretch	Kay	Community Room
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
Friday	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	Lucretia	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Room
	1:10PM	Yoga	Joanne	Yoga & Pilates Room
Saturday		* Check Website for instructor choice		

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
Holy Yoga	Holy Yoga is an experiential worship created to deepen people's connection to Christ. Our sole purpose is to facilitate a Christ honoring experience that offers an opportunity to believers and non-believers alike to authentically connect to God through His Word, worship, and wellness.
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.