



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YOGA & PILATES SCHEDULE

	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
<b>Monday</b>	9:00 AM 10:00 AM 1:10 PM 4:15 PM 5:30 PM	Flow & Restore Yoga Chair Yoga Yoga Holy Yoga Yoga	Katherine Sissy Kim Maggie Joanne	Yoga & Pilates Studio Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio
<b>Tuesday</b>	5:30 AM 8:00 AM 8:30 AM 10:00 AM 1:15 PM 1:30 PM	Yoga CORE Pilates Yoga Chair Yoga Yoga 30 Min Power Yoga Flow	Jill T. Erin Jill T Lucretia Lucretia Kim	Yoga & Pilates Studio Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio Group Fitness Studio
<b>Wednesday</b>	9:00 AM 10:00 AM 1:10 PM 4:15 PM 5:30 PM	Flow & Restore Yoga Chair Yoga Yoga Holy Yoga Yoga	Katherine Lucretia Kim Maggie Joanne	Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio Yoga & Pilates Studio
<b>Thursday</b>	5:30 AM 8:00 AM 9:00 AM 10:00 AM 1:15 PM 1:30 PM	Yoga CORE Pilates Yoga Chair Yoga Restorative Yoga 30 Min Power Yoga Flow	Jill T. Erin Jill T Lucretia Lucretia Kim	Yoga & Pilates Studio Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio
<b>Friday</b>	5:30 AM 6:10 AM 10:00 AM 1:10PM	Pilates Yoga Chair Yoga Yoga	Lauren Jenna Rachel Kim	Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Room
<b>Saturday</b>	8:00 AM	Yoga	Margina	Yoga & Pilates Room

# CLASS DESCRIPTIONS

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.
Flow & Restore Yoga	All that you love about yoga rolled into one class. The first half is dedicated to an invigorating, yet accessible vinyasa flow to strengthen & wake up the body. Then we slow it down, settling into deep restorative postures to release any remaining tension & prepare the mind to enter into oneness with the body. A perfect way to start your day for both new & seasoned yogis.
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.