



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>	10:00 AM 10:00 AM 1:10 PM 4:15 PM 5:30 PM	Power Flow Chair Yoga Yoga Holy Yoga Yoga	Erin Sissy Kim Maggie Joanne	Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio Yoga & Pilates Studio
<b>Tuesday</b>	5:30 AM 8:00 AM 9:00 AM 10:00 AM 1:15 PM 1:15 PM 5:30 PM	Yoga Pilates Yoga Chair Yoga Yoga Power Yoga Power Flow	Jill T. Melissa Jill T. Lucretia Lucretia Kim Erin	Yoga & Pilates Studio Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio Group Fitness Studio Yoga & Pilates Studio
<b>Wednesday</b>	5:30 AM 6:00 AM 9:00 AM 10:00 AM 1:10 PM 4:15 PM 5:30 PM	Boga Fit Power Flow Yoga Yoga Chair Yoga Yoga Holy Yoga Yoga	Jill T. Jenna Amanda Rachel Kim Maggie Joanne	Butler-Mason Pool Yoga & Pilates Studio 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 10:00 AM 1:15 PM 1:15 PM 5:30 PM	Yoga Pilates Flow Yoga Chair Yoga Power Flow Yoga Power Yoga Yoga	Jill T. Melissa Margina Lucretia Erin Lucretia Kim Amanda	Yoga & Pilates Studio Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio Group Fitness Studio Yoga & Pilates Studio
<b>Friday</b>	5:30 AM 6:00 AM 9:00 AM 10:00 AM 1:10PM	Pilates Yoga Yoga Chair Yoga Yoga	Lauren Jenna Amanda Rachel Kim	Group Fitness Room Yoga & Pilates Studio Yoga & Pilates Studio Community Room Yoga & Pilates Room
<b>Saturday</b>	8:15 AM	Yoga	TBD	Yoga & Pilates Room

# CLASS DESCRIPTIONS

All Levels Yoga	Sequencing poses through movement, focusing on proper alignment balance, and breath, while creating strength & flexibility.
Boga Fit	A fitness regimen that combines the best aspects of key proven core movements from yoga and boot camp.
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.