



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	Yoga Chair Yoga Yoga Holy Yoga Yoga	Amanda Sissy Kim Maggie Joanne	Yoga & Pilates Studio 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	Yoga CORE Pilates Yoga Chair Yoga Yoga Power Yoga	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>	6:00 AM 9:00 AM 10:00 AM 1:10 PM 4:15 PM 5:30 PM	Power Flow Yoga Yoga Chair Yoga Yoga Holy Yoga Yoga	Jenna Amanda Lucretia Kim Maggie Joanne	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 1:15 PM 1:15 PM 5:30 PM	Yoga CORE Pilates Flow Yoga Chair Yoga Yoga Power Yoga Yoga	Jill T. Erin Margina Lucretia 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 10:00 AM 10:00 AM 1:10PM	Pilates Yoga Chair Yoga Power Flow Yoga	Lauren Jenna Rachel Erin Kim	Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates 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.
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.