the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA & PILATES SCHEDULE

	Time	Class	Instructor	Location
Monday	5:30 AM	Pilates Sculpt	Aubrey	Yoga & Pilates Studio
	8:05 AM	Yoga Flow (Starts 11/4)	Brandy	Yoga & Pilates Studio
	9:00 AM	Morning Vinyasa	Carlisle	Yoga & Pilates Studio
	10:00 AM	Chair Yoga	Sissy	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	12:15 PM	Chair Yoga	Linda	Community Room
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
Tuesday	5:15 AM	Cardio Barre	Brandi	Group Fitness Studio
	8:05 AM	Pilates Fusion	Amber	Group Fitness Studio
	9:00 AM	Morning Vinyasa	Carlisle	Yoga & Pilates Studio
	10:00 AM	Chair Yoga	Amber	Community Room
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	YoChi	Sissy	Yoga & Pilates Studio
	5:30 PM	Rocket Yoga	Jessica	Yoga & Pilates Studio
Wednesday	5:30 AM	Pilates Sculpt	Aubrey	Yoga & Pilates Studio
	8:05 AM	Yoga Flow (Starts 11/4)	Brandy	Yoga & Pilates Studio
	9:00 AM	LesMILLS PILATES	Erin	Yoga & Pilates Studio
	9:00 AM	Barre	Rachel B.	Group Fitness Room
	10:00 AM	Chair Yoga	Rachel	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	12:15 PM	Chair Yoga	Linda	Community Room
	4:30 PM	Restorative Flow Yoga	Linda	Yoga & Pilates Studio
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
Thursday	5:15 AM	Cardio Barre	Brandi	Group Fitness Room
	8:05 AM	Pilates Fusion	Erin	Group Fitness Room
	9:00 AM	Morning Vinyasa	Carlisle	Yoga & Pilates Room
	10:00 AM	Chair Yoga	Brandy	Community Room
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	YoChi	Sissy	Yoga & Pilates Studio
	4:30 PM	Holy Yoga	Maggie	Yoga & Pliates Studio
	5:30 PM	Rocket Yoga	Jessica	Yoga & Pilates Studion
Friday	5:30 AM	Pilates	Lauren	Group Fitness Room
	8:00 AM	YogaFaith	Brandy	Yoga & Pilates Studio
	10:00 AM	Simply Stretch	Connie	Yoga & Pilates Studio
	10:00 AM	Chair Yoga	Amber	Community Room
Saturday	9:00 AM	Hatha 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.
Pilates Fusion	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.
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 traditonal 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.
Hatha Yoga	A rejuvenating 75 minute class designed to promote balance, flexibility, and inner calm. Start with gentle stretch followed by a series of foundational postures that enhance strength, alignment, and stablity.
Gentle Motion Tai Chi	A Gentle movement classs adapting Tai Chi postures to improve balance, strength and Flexibility
TRX Yoga	A Hybrid workout that combines tradional yoga principles with the TRX suspension trainer to enhance strength, balance and flexibilty