



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA, PILATES SCHEDULE

	Time	Class	Instructor	Location
Monday	9:00 AM 10:00 AM 1:10 PM 4:30 PM 5:30 PM	Flow Yoga Chair Yoga Yoga Holy Yoga Yoga	Sissy Sissy Kim Maggie Joanne	Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio Yoga & Pilates Studio
Tuesday	5:30 AM 8:00 AM 8:30 AM 10:00 AM 10:00 AM 1:15 PM 5:30 PM 5:30 PM 6:30 PM	Yoga Pilates Yoga Chair Yoga Power Flow Yoga Chair Yoga All Levels Yoga Flow Yoga	Jill T. Deborah Jill T. Lucretia Erin Lucretia Margina Sissy Margina	Yoga & Pilates Studio Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio
Wednesday	5:30 AM 9:00 AM 10:00 AM 1:10 PM 4:30 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
Thursday	5:30 AM 8:00 AM 8:30 AM 10:00 AM 10:00 AM 1:15 PM 5:30 PM 5:30 PM 6:30 PM	Yoga Pilates Flow Yoga Chair Yoga Power Flow Yoga Chair Yoga Yoga Flow Yoga	Jill T. Deborah Joanne Lucretia Erin Lucretia Margina Amanda Margina	Yoga & Pilates Studio Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio
Friday	5:30 AM 5:30 AM 9:00 AM 10:00 AM 1:10PM	Yoga Pilates Yoga Chair Yoga Yoga	Jenna Lauren Amanda Rachel Kim	Yoga & Fitness Group Fitness Room Yoga & Pilates Room Community Room Yoga & Pilates Room

CLASS DESCRIPTIONS

All Levels Yoga	Sequencing poses through movement, focusing on proper alignment balance, and breath, while creating strength & flexibility.
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.