



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA, PILATES SCHEDULE

THOMASVILLE YMCA

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