



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YOGA, PILATES SCHEDULE

### THOMASVILLE YMCA

	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 1:15 PM 5:30 PM 5:30 PM 6:30 PM	Yoga Pilates Yoga Chair Yoga Yoga Chair Yoga All Levels Yoga Flow Yoga	Jill T. Deborah Jill T. Lucretia Lucretia Margina Sissy Margina	Yoga & Pilates Studio Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio
Wednesday	5:30 AM 5:30 AM 9:00 AM 10:00 AM 1:10 PM 4:30 PM 5:30 PM	Boga Fit Power Flow Yoga Yoga Chair Yoga Yoga Holy Yoga Yoga	Jill T. Jenna Amanda Lucretia Kim Maggie Joanne	Butler-Mason Pool 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 1:15 PM 4:00 PM 5:30 PM 5:30 PM 6:30 PM	Yoga Pilates Flow Yoga Chair Yoga Yoga Kids Yoga (ages 4-11) Chair Yoga High Flow Yoga Flow Yoga	Jill T. Deborah Joanne Lucretia Lucretia Katherine Margina Katherine 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 5:30 AM 9:00 AM 1:10PM	Boga Fit Yoga Pilates Yoga Yoga	Jill T. Jenna Lauren Amanda Kim	Butler-Mason Pool Yoga & Fitness Group Fitness Room Yoga & Pilates Room 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.
High Flow Yoga	This is the perfect class for those looking to add more agility and cardio work into their yoga practice! High Yoga Flow combines plyometrics and free movement with vinyasa flow and meditation - all set to heart-pumping music. Come prepared to get centered with sweat!
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.