



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YOGA, PILATES SCHEDULE

### THOMASVILLE YMCA

	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
<b>Monday</b>	9:00 AM 10:00 AM 1:10 PM 5:30 PM	Yoga Flow Level 1 & 2 Chair Yoga Yoga Yoga	Sissy Sissy Kim Joanne	Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio
<b>Tuesday</b>	5:30 AM 8:00 AM 8:30 AM 10:00 AM 1:15 PM 5:30 PM	Yoga Pilates Yoga Chair Yoga Yoga All Levels Yoga	Jill T. Deborah Joanne Amanda Amanda Sissy	Yoga & Pilates Studio Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio
<b>Wednesday</b>	5:30 AM 10:00 AM 1:10 PM 5:30 PM	Power Flow Yoga Chair Yoga Yoga Yoga	Shena Amanda Kim Joanne	Yoga & Pilates Studio Community Room Yoga & Pilates Studio Yoga & Pilates Studio
<b>Thursday</b>	5:30 AM 8:00 AM 8:30 AM 10:00 AM 1:15 PM	Yoga Pilates Yoga Flow Level 1 & 2 Chair Yoga Yoga	Jill T. Deborah Joanne Amanda Amanda	Yoga & Pilates Studio Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio
<b>Friday</b>	5:30 AM 1:10PM	Pilates Yoga	Lauren Kim	Group Fitness 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.
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.
Yoga Flow Levels 1&2	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.
Yoga Slowdown	Yoga slowdown takes our yoga at a slower pace with standing and seated poses. Emphasis on longer holds and breath work to maximize focus and stress reduction.