



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 4:15 PM 4:30 PM 5:30 PM	Yoga Flow Level 1 & 2 Chair Yoga Yoga Chair Yoga Holy Yoga Yoga	Sissy Sissy Kim Lucretia Maggie Lucretia	Yoga & Pilates Studio Community Room Yoga & Pilates Studio Community Room 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	Yoga Pilates Yoga Chair Yoga Yoga All Levels Yoga	Jill T. Deborah Jill T. Lucretia Lucretia Sissy	Yoga & Pilates Studio Group Fitness Room 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	Shena Rachel Lucretia Kim Maggie Lucretia	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	Yoga Pilates Yoga Flow Level 1 & 2 Chair Yoga Yoga	Jill T. Deborah Joanne Lucretia Lucretia	Yoga & Pilates Studio Group Fitness Room Yoga & Pilates Studio Community Room Yoga & Pilates Studio
Friday	5:30 AM 5:30 AM 9:00 AM 10:00 AM 1:10PM	Pilates Yoga Slow Down Yoga Chair Yoga Yoga	Lauren Shena Rachel Rachel Kim	Group Fitness Room Yoga & Pilates Studio Yoga & Pilates Studio 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.
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.