

Yoga & Pilates Schedule

FALL 2008

MONDAY:

9:00am–10:20am	MORNING YOGA	Linda Meacci	
5:30pm–6:30pm	POWER PILATES	Joy Crouch	
6:30pm–7:50pm	POWER YOGA	Joy Crouch	Heated room

TUESDAY:

9:00am–10:20am	MORNING YOGA	Linda Meacci	
6:00pm–7:15pm	BEGINNERS YOGA	Marthe Weyandt	IT'S BACK!
7:30pm–8:30pm	INTERMEDIATE PILATES	Tracy Pelkowski	

WEDNESDAY:

7:30am–8:50am	MORNING YOGA	Linda Meacci	
5:30pm–6:45pm	HATHA YOGA	Alyssa Dolney	
7:30pm–8:30pm	PILATES	Angela Yarris	IT'S BACK!

THURSDAY:

9:00am–10:20am	VINYASA MORNING YOGA	Linda Meacci	Heated room
5:30pm–6:25pm	BODYFLOW	Tara Balonick	
6:30pm–7:30pm	PILATES	Neil Morrow	

FRIDAY:

9:00am–10:20am	MORNING YOGA	Richard Gartner	
5:45pm–7:05pm	VINYASA FLOW	Linda Meacci	Heated room

SATURDAY:

8:30am–9:45am	MORNING YOGA	Brenda Maser	NEW YOGA CLASS
10:00am–11:00am	PILATES	Stephanie Thiel / Neil Morrow	

SUNDAY:

9:15am–10:30am	YOGA/SPIN*	Melissa Montani	
10:30am–11:45am	VINYASA YOGA	Lauren Foster	Heated room
11:30am–12:30pm	BODYFLOW	Joy Crouch	Front studio

Yoga and Pilates Class Descriptions

BEGINNERS YOGA — This **entry level** class provides instruction on the basics of hatha yoga. You will learn sun salutations, seated and standing postures, breathing techniques, proper body alignment, and how to make modifications in the postures.

PILATES — This **all-levels** mat-class follows a series of exercise movements designed to strengthen the core abdominal muscles. You will tone and stretch your entire body.

POWER PILATES — This is a challenging **intermediate-level** mat class suitable for those proficient with basic Pilates exercises. You will strengthen and tone your entire body while focusing on core abdominal muscles.

HATHA YOGA — This **beginners** and **advanced beginners** class explores asana (postures), pranayama (breath), and meditation. Cultivate body awareness by developing flexibility, balance and strength. Classes may include sun salutations, standing & seated postures, simple inversions & backbends. Variations will be offered for different levels.

MORNING YOGA — This **all-levels** class will deepen your asana practice and move you into vinyasa flow (linking breath & movement). Pranayama and yoga philosophy will be addressed. Experience an increase in strength, flexibility, endurance, balance and awareness of the body/mind connection. Sun salutations, standing & seated postures, inversions, arm balances and backbends will be creatively sequenced. Modifications will be offered for beginners. More difficult variations will be offered to intermediate students.

POWER YOGA — This invigorating class is best suited for those who understand the basics. Strengthen and stretch your body while centering and calming your mind. This vinyasa (flow) class links breath and movement. The **room is heated** allowing for greater range of motion. Practice will include sun salutations, standing and seated postures, balance work, and basic inversions. The class ends with deep relaxation. Bring a towel and water!

VINYASA (FLOW) YOGA — This challenging yoga practice highlights the connection between breath and movement. A variety of sequences will be introduced which include sun salutations, standing postures, arm balances, inversions, and everything in between. Each class will be different and end in a deep relaxation. Some yoga experience recommended. **Note:** The **room is heated**.

***YOGA/SPIN** — This unique class blends the flexibility, balance and flow of yoga with the strength and intensity of spinning. Enjoy the blending of the yin and the yang in this invigorating experience.
(\$5 charge for each class.)

BODYFLOW™ is a yoga, tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured sequence of stretches is set to music. It is a holistic workout that brings the body into a state of harmony and balance.