

Yoga/Pilates/Walking/Tai Chi

May through August 2018

Studio #1



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM					* NEW CLASS *	
7:00 AM					6:00 - 6:45	
7:45 AM					Family Sun Rise Yoga	
8:00 AM					Class meets in Son Spot	
8:15 AM						
8:30 AM	8:30 - 9:15 Pilates					
8:45 AM		«class meets in gym»	8:30 - 9:15 Beginner Plus Yoga	«class meets in gym»	8:15 - 9:00 Silver Sneaker Chair Yoga	8:15 - 9:15 Tai Chi For Health
9:00 AM		Indoor Quick Walk 9:00 - 9:30		Indoor Quick Walk 9:00 - 9:30		
9:15 AM						
9:30 AM	9:30 - 10:30 Yoga	9:30 - 10:30 Yoga	9:30 - 10:30 Kettle/Yo	9:30 - 10:30 Yoga	9:30 - 10:30 Yoga	9:30 - 10:30 Yoga
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM	10:30 - 11:00 Family Yoga					
11:00 AM	6/4/18 - 8/13/18					
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM						
2:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM	**NEW TIME**		**NEW TIME**			
6:15 PM	6:30 - 7:30 Yoga		6:30 - 7:30 Yoga			
6:30 PM						
6:45 PM						
7:00 PM						

Yoga, Pilates, Tai Chi and Walking Class Descriptions

Beginner Plus Yoga : Focus is on the basics, learn breathing techniques and basic poses, with simple stretches to increase flexibility. There will be both beginners and participants that have advanced on to a little bit more challenging poses but the instructor will always show and demonstrate each level so you are made to feel comfortable as you are learning the poses correctly.

Family Yoga: For ages 5 years and older. Make sure that you and your child spend quality time together by physically touching and connecting in every pose. It's transformative and it is always more fun to do yoga TOGETHER!

CLASS IS SEASONAL ONLY ON THE WINTER SCHEDULE

Indoor Quick Walking: This 30 minute class held in our basketball gym promises to give you 30 energetic, fun, fast paced minutes of walking to the beat of motivating music. This class is for every fitness level.

Kettle/Yo: This class uses a cast iron ball with a single handle. You will concentrate on strength and conditioning using your muscles by stabilizing your core. By using the Kettlebell your displacement of weight increases utilization of stabilizing your muscles. You will then work on the mind body and soul aspect of Yoga to increase your flexibility.

Pilates: Is an exercise approach using the proper body mechanics, movements, truncal and pelvic stabilization, coordinated breathing, and muscle contractions to promote strengthening. Attention paid to the entire musculoskeletal system.

Silver Sneakers Chair Yoga: Yoga style moves done to meditating music with the aid of a chair for participants with balance and joint problems.

Tai' Chi For Health: This graceful form of exercise is a moving form of yoga and meditation combined. It involves a series of movements preformed in a slow, focused manner. The benefits of this class include: reduced pain and stiffness, Better breathing, improved energy, stress relief, improved muscle strength and joint flexibility, helps improve balance and is an aid for improvement of chronic health conditions.

Yoga: Promotes control of the body and mind. Our yoga classes feature strength, cardiovascular conditioning and flexibility components using music to enhance the experience. Many people take Yoga for the sense of well-being and peace it brings.

Hot Flow Yoga: Hot flow yoga is a flowing style yoga group class. It is held in our therapy pool area every Sunday through our winter schedule January - April. **The class is done on the therapy pool deck area not in the water.** This class can be very intense with the added effect of the heat set @ (89°) in this room. The many benefits to doing hot yoga are as follows:

Flexibility: The heat allows the body to be more supple. It increases your joint lubrication as well as your flexibility in muscles. The heat will allow you to safely reach new levels of flexibility.

Cardio: Your heart can work the same way doing a heated yoga class as it does when running a mile. By balancing and contracting your muscles at the same time. The way you will stretch and compress your internal organs and glands also stimulates your metabolism so you are burning calories.

Detox: The heated room helps you to stretch more and get your cardio, but it also helps you sweat. The postures themselves are detoxifying for your muscles, organs and glands.

******Requirements for taking this class:**

Seek medical approval: If you have any serious medical conditions that would become an issue if you were to get over heated. Taking this class you must be aware of your own body signals for any danger signs such as Dizziness, Headache, Lightheadedness, Mild Nausea, and Muscle Cramps. These signs could be indicators that you do not tolerate the heat well. If this should happen during one of our classes, please inform the instructor and remove yourself from the heated room. **Hydration:** You MUST bring water to class with you. There will be designated water breaks during each class. When doing any activity in a hot environment it is crucial to maintain hydration.

Towels: Because of the heat in this room and your workout load you will be sweating quite a lot, with this you may slip on your mat some so please bring as many towels of your own you wish to class with you. **CLASS IS SEASONAL ONLY ON THE WINTER SCHEDULE**

Family Sunrise Yoga:

Designed a little bit different than our family yoga where the younger children concentrate on partner poses with their parents or siblings. This class will focus on regular yoga poses that the young adult ages 10 yrs and up can do along side their parents. Don't have kids? Thats ok come join us