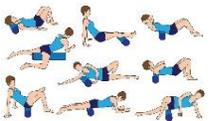




# Yoga/Pilates/Walking/Tai Chi

## Studio #1

### January - April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - 9:15 Pilates	«class meets in gym» Indoor Quick Walk 9:00 - 9:30	8:30 - 9:15 Beginner Plus Yoga	«class meets in gym» Indoor Quick Walk 9:00 - 9:30	8:15 - 9:00 Silver Sneaker Chair Yoga	8:15 - 9:15 Tai Chi	
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	
				<b>** NEW CLASS **</b> 10:30 - 11:00 Yoga on the Roll card from front desk	POP Pilates 10:30 - 11:15 POP Pilates 1st and 3rd Sat.	<b>BACK ON SCHEDULE</b>
						12:15 - 1:15 Hot Flow Yoga  1/6 - 3/31 Class meets on pool deck of Therapy Pool
	<b>Back on Schedule</b> 6:30 - 7:00 Family Yoga Ages 5 yrs & up <b>** NEW CLASS **</b>					
6:30 - 7:30 Yoga	7:00 - 7:30 Yoga on the Roll card from front desk	6:30 - 7:30 Yoga				

Union County Family YMCA \* 1150 Charles Lane \* Marysville, Ohio 43040 \* 937-303-9285 \* [www.unioncountyyymca.org](http://www.unioncountyyymca.org)

revised 1/3/2019

## **Yoga, Pilates, Tai Chi and Walking Class Descriptions on back of schedule**

**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!

**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':** This graceful form of exercise is a moving form of yoga and meditation combined. It involves a series of movements performed in a slow, focused manner. The benefits of this class include: reduced pain and stiffness, uplifting of the spirit, improved muscle strength and joint flexibility, helps improve balance.

**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 - March. **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**

**POP Pilates:** A rhythm based total body workout, done right on your mat. It is a powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. The music is a strong motivator with choreographed Pilates moves that can be a mesmerizing dance on the mat. POP Pilates has moves most people in the fitness industry have never see before. It is always innovating!

**Yoga on the Roll:** This class incorporates foam rollers and traditional yoga poses for the purpose of warming stretching muscles and connective tissue. A unique blend of exercises will help alleviate muscle soreness, improve flexibility and increase range of motion. The y will provide foam rollers for up to 10 participants, but you are welcome to bring your own if you wish!"