

# November 2017 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45 AM		<b>Mat Pilates</b> w/Katherine <small>sub. Therese 11/7, 14, 21</small>		<b>Mat Pilates</b> w/Katherine <small>sub. Therese 11/2, 9, 16</small>			
8:00-9:00 AM	<b>SpinFLEX</b> w/Katherine <small>sub. Dena SPIN ONLY 11/6 &amp; 13</small>		<b>SpinFLEX</b> w/Katherine <small>sub. Dena SPIN ONLY 11/1 &amp; 8</small>				
8:00-9:15 AM					<b>SpinYOGA</b> w/Katherine <small>sub. Dena SPIN ONLY 11/3</small>		
10:00-11:00 AM						<b>Spinning</b> w/Cindy <small>cancelled 11/18 &amp; 25</small>	
10:00-11:15 AM	<b>Restorative Yin Yoga</b> w/Katherine AL <small>sub. Richelle 11/6 &amp; 13</small>		<b>Back &amp; Hip Yoga</b> w/Katherine L1 <small>sub. Richelle 11/1 &amp; 8</small>		<b>Vinyasa Yoga</b> w/Katherine L 1-2 <small>sub. Richelle 11/3</small>		
10:30-11:15 AM		<b>SENIOR WEIGHTS</b> w/Dena		<b>SENIOR WEIGHTS</b> w/Dena			
11:00-11:45 AM						<b>Mat Pilates</b> w/Therese	
NOON-12:45 PM		<b>Spinning</b> w/Dena		<b>Spinning</b> w/Dena			
3:00-4:15 PM						<i>Gentle Flow</i> w/Gillian AL	Undo & Renew Gentle/Restorative w/Jeanne AL
4:30-5:15 PM	<b>Spinning</b> w/Cindy <small>cancelled 11/20</small>		<b>Spinning</b> w/Cindy <small>cancelled 11/22</small>				Meditation (silent) 4:30-5:00 PM
5:30-6:15 PM	<b>Mat Pilates</b> w/Therese		<b>Mat Pilates</b> w/Therese				
5:30-6:30 PM					<b>Aerial Fabrics</b> w/Tiffany & Richelle <small>Registration and Fee Required</small>		
5:30-6:45 PM					Undo & Renew Gentle/Restorative w/Gillian AL		
5:45-7:00 PM		<b>Let it Roll</b> Hatha Flow/Foam Roller w/Jeanne L2		<b>Easy Does It</b> Restorative Yoga w/Jeanne AL			
6:30-7:30 PM			<b>Aerial Fabrics</b> w/Tiffany & Richelle <small>Registration and Fee Required</small>				
6:30-7:45 PM			<b>Hatha Yoga</b> w/Sherry L1				
6:30-8:00 PM	<b>Acro Yoga Jam</b>						

# CLASS DESCRIPTIONS

**Acro Jam:** Playful practice that combines acrobatics and yoga. This is an unstructured class to work on things you would like to improve on or trade Thai Yoga Massage. More experienced people give beginners safety tips, advice, and skills to work on. No partner needed. Open mind necessary!

**Back/Hip Yoga:** Therapeutic style asana practice to support a healthy back and hip region.

**Gentle Flow:** A gentle and calming practice that combines breath with movement.

**Hatha Flow:** A moderate paced practice that encompasses all types of physical yoga with focus on breath and alignment.

**Hatha Yoga:** A typically slower paced practice that encompasses all types of physical yoga.

**Let it Roll:** Hatha Flow practice followed by foam roller and pinky balls.

**Mat Pilates:** Beginner to Intermediate core based class using classical mat exercises to create long, lean muscles.

**Restorative Yin Yoga:** Rejuvenate physically and mentally with a practice that is restorative in nature yet allows for a deep release of connective tissue and unbalanced holding patterns.

**Restorative Yoga (Easy Does It) :** Find deep relaxation practicing gentle yoga poses using various props to support the body. This class is not about feeling a stretch, it is about reducing stress and restoring mind/body balance.

**Rythm Ride w. Barre Legs:** Group cycling to music with a strong focus on using core strength that includes a section for upperbody resistance work, finishing with Barre inspired leg workout.

**Senior Weights:** Chair based resistance training program for the entire body. Great for beginners too!

**Spinning:** Group cycling class that uses different energy zones for a fun low impact cardio workout.

**SpinFLEX:** 30 minutes of cycling followed by 25 minutes of resistance training using barbells, dumbbells, and resistance tubing. Participants must show up a few minutes early to set up their weights in group fitness room prior to class start time on Spinning Floor.

**TRX:** Suspension Training using body weight and the TRX System for a fast and effective total body workout. Limited to 10.

**Undo and Renew:** Gentle yoga practice followed by Restorative poses.

**Vinyasa Yoga:** Increase strength, flexibility and balance while reducing stress and tension with with a highly energizing physical yoga practice.

## Yoga Class Ratings

**Level 1 (L1): Beginner Friendly**— Practicing less than 1 year or practitioner is looking for a class that offers modifications for different body types. Class strives to embrace all backgrounds.

**Level 2 (L2): Intermediate**— Practicing at least 1-2 years. Poses are intermediate and held longer. Practitioner is expected to have a fundamental familiarity with basic postures as well as their body alignment and modify as needed. Newer poses introduced.

**Level 3 (L3): Advanced**— Practicing more than 2 years with a deep understanding of breath and body alignment. Poses are intermediate to advanced and can be very challenging in nature.

**All Level (AL):** Great for beginners through advanced practitioners.