

# October 2018 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30 AM	SpinFLEX w/Katherine XLD 10-1		SpinFLEX w/Katherine XLD 10-3				
7:30-8:20 AM		Mat Pilates w/Katherine XLD 10-2		Mat Pilates w/Katherine XLD 10-4		<div style="border: 1px solid black; padding: 10px; text-align: center;"> <b>OPEN</b>  <b>5:30 AM- 9 PM</b>  <b>ALASKA DAY</b>  <b>THURSDAY,</b> </div>	
9:00-10:15 AM		Vinyasa Yoga w/Katherine L2-3 w/ Gillian 10-2		Vinyasa Yoga w/Katherine L2-3 w/ Gillian 10-4	SpinYOGA w/Katherine XLD 10-5		
10:00-11:30 AM	Restorative Yin Yoga w/Katherine AL w/Gillian 10-1		Back & Hip Yoga w/Katherine AL w/Gillian 10-3				
10:30-11:15 AM		SENIOR WEIGHTS w/Katherine/Therese w/Video 10-2		SENIOR WEIGHTS w/Katherine/Therese w/Video 10-4			
10:30-11:20 AM						Mat Pilates w/Therese sub. Katherine 10-20	
12:00-12:50 PM	Group Cycling w/Katherine XLD 10-1		Group Cycling w/Therese		Group Cycling w/Therese		
3:00-4:15 PM						Hatha Yoga w/ Therese AL sub. Katherine 10-20	Undo & Renew w/Jeanne AL
4:30-5:20 PM	TRX w/Ashlei		TRX w/Ashlei				
5:00-6:00 PM					Aerial Beginner w/Tiffany <small>Must Register at front desk \$15 members / \$15 + \$8 Guests</small>		
5:30-6:20 PM		Group Cycling w/Therese	Mat Pilates w/Therese	Group Cycling w/Therese	Mat Pilates w/Therese		
5:45-7:00 PM	Hatha Yoga w/Gillian AL	Let it Roll w/Jeanne L2		Restorative Yoga w/Jeanne AL			
6:00-7:00 PM					Open Hang Aerial Practice <small>\$10 members / \$10 + \$8 Guests</small>		Open Hang Aerial Practice <small>\$10 members / \$10 + \$8 Guests</small>
6:30-8:00 PM			ACRO JAM				

# CLASS DESCRIPTIONS

**Aerial:** Please contact Tiffany Metz at [ynaffitmetz@gmail.com](mailto:ynaffitmetz@gmail.com).

**Acro Jam:** A playful practice incorporating acrobatics & yoga. **Must have taken the mandatory ACRO INTRO SERIES to be able to join the Jam.**

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

**Gentle Yoga:** A gentle and calming practice for all levels. Especially good for beginners.

**Group Cycling:** A fun low impact cardiovascular workout with great music that uses endurance, intervals, hills, drills and rhythm to burn fat.

**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 and core conditioning followed by foam rolling & pinky balls & deep relaxation.

**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. This practice is meant to take a normal body and make optimal. Based on the teachings of Paul Grilley and Bernie Clark.

**Restorative Yoga:** 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. This is Yoga for healing.

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

**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.

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

**Vinyasa Yoga:** Increase strength, flexibility, and balance while reducing stress and tension with an energizing physical yoga practice that focuses on breath and self awareness.

**TRX:** A fun, joyful Latin inspired fitness class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa, Cumbia, Merengue, Rumba, Mambo, Belly Dance, Flamenco, Samba, Tango, Reggatone and of course Hip Hop.

## 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.