

# November 2018 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30 AM	SpinFLEX w/Katherine		SpinFLEX w/Katherine		HOLIDAY HOURS	Veteran's Day (Sunday, November 11): V. Day Observed (Monday, November 12): Thanksgiving (Thursday, November 22): Day After TG (Friday, November 23):	OPEN
7:30-8:20 AM		Mat Pilates w/Katherine		Mat Pilates w/Katherine			OPEN
9:00-10:15 AM		Vinyasa Yoga w/Katherine L2-3		Vinyasa Yoga w/Katherine L2-3	SpinYOGA w/Katherine		
10:00-11:15 AM	Restorative Yin Yoga w/Katherine AL		Back & Hip Yoga w/Katherine AL				
10:30-11:15 AM		SENIOR WEIGHTS w/Katherine/Therese		SENIOR WEIGHTS w/Katherine/Therese			
10:30-11:20 AM						Mat Pilates w/Therese	
12:00-12:45 PM	Group Cycling w/Katherine		Group Cycling w/Therese		Group Cycling w/Therese		
3:00-4:15 PM						Hatha Yoga w/ Therese AL	Undo & Renew w/Jeanne AL
4:30-5:20 PM	TRX w/Ashlei		TRX w/Ashlei				
5:00-6:00 PM					Open Hang Aerial Practice <small>\$5 members / \$5 + \$8 Guests</small>		
5:00-7:00 PM							Open Hang Aerial Practice <small>\$10 members / \$10 + \$8 Guests</small>
5:30-6:20 PM			Mat Pilates w/Therese		Mat Pilates w/Therese		
5:45-6:30 PM		Group Cycling w/Therese		Group Cycling 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					Aerial Beginner w/Tiffany <small>Must Register at front desk \$15 members / \$15 + \$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). Must have TEACHER APPROVAL for Open Hang.

**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.

**SpinYOGA:** 40 minutes of cycling followed by 30 minutes of all level Back & Hip Yoga.

**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:** Resistance training that builds core strength and stamina using the TRX suspension system for a total body workout.

## 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.