

December 2018

Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:30 AM	SpinFLEX w/Therese	Mat Pilates w/Therese	SpinFLEX w/Therese	Mat Pilates w/Therese	HOLIDAY HOURS	Santa Train (Saturday, December 8):	CLOSED
10:00-11:15 AM	Restorative Yoga w/Jeanne AL		Back & Hip Yoga w/Jeanne AL			Xmas Eve (Monday, December 24):	5:30-5:30
10:30-11:15 AM		SENIOR WEIGHTS w/Therese		SENIOR WEIGHTS w/Therese		Xmas (Tuesday, December 25):	CLOSED
12:00-12:45 PM	Group Cycling w/Therese		Group Cycling w/Therese		Group Cycling w/Therese	Day After Xmas (Wednesday, December 26):	10-3
3:00-4:15 PM						New Year's Eve (Monday, December 31):	5:30-5:30
4:30-5:20 PM	TRX w/Ashlei		TRX w/Ashlei			New Year's Day (Tuesday, January 1):	10-3
5:00-7:00 PM					Open Hang Aerial Practice \$10 members / \$10 + \$8 Guests		Open Hang Aerial Practice \$10 members / \$10 + \$8 Guests
5:30-6:20 PM			Mat Pilates w/Therese		Mat Pilates w/Therese		
5:45-6:30 PM		Group Cycling w/Emily R.		Group Cycling w/Cindy OD			
5:45-7:00 PM	Flow Yoga w/Melissa AL	Let it Roll w/Jeanne L2		Restorative Yoga w/Jeanne AL			
6:30-8:00 PM			ACRO JAM				

Day After Xmas
Back/Hip Yoga 10-11:15
Group Cycle: 12-12:45

New Year's Day
Slow Flow Yoga: 10-11:30
Group Cycle: 12-12:45
ALL LEVELS

CLASS DESCRIPTIONS

Aerial: Please contact Tiffany Metz at 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.

Flow Yoga: : Build heat while moving mindfully through poses, focus on alignment & flexibility, and find an inner calm.

Let it Roll: Flow yoga 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.