


January 2019 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30 AM	SpinFLEX w/Katherine	Mat Pilates w/Katherine	SpinFLEX w/Katherine	Mat Pilates w/Katherine			
9:00-10:15 AM		Vinyasa Yoga w/Katherine L2-3		Vinyasa Yoga w/Katherine L2-3			
9:00-10:30 AM					SpinYOGA w/Katherine		
10:00-11:15 AM	Restorative Yin Yoga w/Katherine AL		Back & Hip Yoga w/Katherine AL		 <p>TREAT YO SELF</p>	SELF CARE SATURDAY- 11AM-1PM JAN. 5 & 19 30min. Basic Mat Work- All Level Pilates 30min. Hip & Back- All Level Yoga 25min. Organic Face Mask w. Restorative Pose 10min. Gua Sha Face Massage w. Jade Stones 25min. Organic Sugar Scrub for Hands & Feet w. Restorative Pose Refreshing Smoothie (non- dairy must be indicated at sign up)	LIMITED TO 8 \$20- MUST SIGN UP
10:30-11:15 AM		SENIOR WEIGHTS w/Katherine	SENIOR WEIGHTS w/Therese				
12:00-12:45 PM	Group Cycling w/Katherine		Group Cycling w/Therese		Group Cycling w/Therese		
3:00-4:15 PM							Undo & Renew w/Jeanne AL
5:00-6:00 PM					Open Hang Aerial Practice \$5 members / \$5 + \$8 Guests		
5:00-7:00 PM							Open Hang Aerial Practice \$10 members / \$10 + \$8 Guests
5:30-6:30 PM			Mat Pilates w/Therese		Mat Pilates w/Therese	HOLIDAY HOURS OPEN 10AM-3PM NEW YEAR'S DAY: TUESDAY, JANUARY 1. <i>SPECIAL CLASS SCHEDULE FOR NEW YEAR'S DAY:</i> 10-11:30am: Slow Flow w. Restorative- ALL LEVEL 12-12:45pm: Group Cycling - ALL LEVEL OPEN 9AM-4PM MLK DAY: MONDAY, JANUARY 21. <i>SPECIAL CLASS SCHEDULE FOR MLK DAY:</i> 10-11:15: Restorative Yoga- ALL LEVEL	
5:45-6:30 PM		Group Cycling w/Therese		Group Cycling w/Therese			
5:45-7:00 PM	Flow Yoga w/Melissa AL						
6:00-7:00 PM					Aerial Beginner w/Tiffany Must Register at front desk \$15 members / \$15 + \$8 Guests		
6:00-7:15 PM		Let it Roll w/Jeanne L2		Restorative Yoga w/Jeanne AL			

CLASS DESCRIPTIONS

Aerial: Please contact Tiffany Metz at ynaffitmetz@gmail.com. Must have TEACHER APPROVAL for Open Hang.

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: 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 45 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.

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.