

# March 2019 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00 AM	SpinFLEX w/Katherine	Mat Pilates w/Katherine	SpinFLEX w/Katherine	Mat Pilates w/Katherine		<b>HOLIDAY HOURS</b> <b>OPEN 6:30AM-1PM Seward's Day</b> <b>MONDAY, March 25</b> <i>CLASS SCHEDULE FOR March 26:</i> 7:00-8:00: SpinFLEX 10-11:15 Restorative Yin Yoga 12:00-12:45: Group Cycling	
8:00-9:00 AM			Beginner Aerial \$15 members / \$15 + \$8 Guests				
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 Last Class March 15		
10:00-11:15 AM	Restorative Yin Yoga w/Katherine AL		Back & Hip Yoga w/Katherine AL				
10:00-NOON						Open Hang Aerial Practice \$10 members / \$10 + \$8 Guests Cancelled March 23	
10:30-11:15 AM		Senior Weights w/Therese		Senior Weights w/Therese			
10:30-11:45 AM						Yoga w/Gillian AL Cancelled March 23	
11:00-11:45 AM						Group Cycling w/Emily Begins March 9 Cancelled March 23	
12:00-12:45 PM	Group Cycling w/Therese		Group Cycling w/Therese				
3:00-4:15 PM							Undo & Renew w/Jeanne AL
4:45-5:30 PM	Group Cycling w/Cindy		Group Cycling w/Cindy Cancelled March 27				
5:00-7:00 PM					Open Hang Aerial Practice \$10 members / \$10 + \$8 Guests Cancelled March 22		Open Hang Aerial Practice \$10 members / \$10 + \$8 Guests
5:30-6:30 PM	Mat Pilates w/Therese		Mat Pilates w/Therese		Mat Pilates w/Therese Cancelled March 22		
5:45-6:30 PM		Group Cycling w/Therese		Group Cycling w/Therese			
6:00-7:15 PM		Hatha Flow w. Foam Roller/Balls w/Jeanne L2		Restorative Yoga w/Jeanne AL			
6:30-8:00 PM	Acro Jam						
7:00-8:15 PM			Yoga w/Therese AL				

# CLASS DESCRIPTIONS

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

**Hatha Flow w. Foam Roller & Pinky Balls:** 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 it 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:** Gentle flow style class to reduce stress and increase flexibility and balance.

## 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.