




# July 2019 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 AM	SpinFLEX w/Katherine		SpinFLEX w/Katherine				
6:30-8:30 AM			Open Hang Aerial Practice \$10members / \$10 + \$8 Guests		Open Hang Aerial Practice \$10members / \$10 + \$8 Guests		
8:30-9:45 AM		Vinyasa Yoga w/Katherine L2-3		Vinyasa Yoga w/Katherine L2-3			
8:30-10:00 AM					SpinYOGA w/Katherine Spinning 8:30-9:10 Yoga 9:15-10		
10:00-11:15 AM	Yin Yoga w/Katherine AL		Back & Hip Yoga w/Katherine AL				
10:30-11:15 AM		Senior Weights w/Katherine		Senior Weights w/Katherine			
3:00-4:15 PM	<div style="background-color: #0070C0; color: white; padding: 10px; text-align: center;"> <b>CLOSED THURSDAY, JULY 4TH HAPPY INDEPENDENCE DAY!</b> </div>						
6:00-8:00 PM							
5:30-6:30 PM	 w/Janet		 w/Janet				
6:30-7:45 PM		Hatha Flow w. Roller/Balls w/Jeanne L2 CANCELLED JULY 23		Restorative Yoga w/Jeanne AL CANCELLED JULY 11 & 25			
6:30-8:00 PM	Acro Jam						

# 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.

**Nia:** Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul.

**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.