

February 2020 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:15 AM		Mat Pilates w/Katherine		Mat Pilates w/Katherine		<div style="border: 2px solid red; padding: 10px; text-align: center;"> <p>For all SpinYOGA Classes... TAKE ONE OR BOTH!</p> </div>	
6:30-7:30 AM	SpinFLEX w/Katherine		SpinTRX w/Katherine				
7:00-9:00 AM			Open Hang Aerial Practice <small>\$10members / \$10 + \$8 Guests</small>		Open Hang Aerial Practice <small>\$10 members / \$10 + \$8 Guests</small>		
8:30-9:15 AM		Spinning w/Dena		Spinning w/Dena			
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 Back & Hip Yoga 9:15-10		
10:00-11:15 AM	Yin Yoga w/Katherine		Gentle Yoga w/Gillian AL				
10:30-11:15 AM		SR Weight Training wDena		SR Weight Training wDena			
3:00-4:15 PM						Restorative Yoga w/Gillian AL	Gentle Yoga w/Gillian AL
4:45-5:45 PM	SpinYOGA w/Cindy and Courtney Spinning 4:45-5:25 Yoga 5:30-6:15		SpinYOGA w/Cindy and Courtney Spinning 4:45-5:25 Yoga 5:30-6:15 No Yoga on Feb. 5		SpinYOGA w/Cindy and Courtney Spinning 4:45-5:10 Yoga 5:15-5:45		
5:00-7:00 PM					Open Hang Aerial Practice <small>\$10 members / \$10 + \$8 Guests</small>		Open Hang Aerial Practice <small>\$10 members / \$10 + \$8 Guests</small>
5:15-6:00 PM		Spinning w/Alex					
5:45-7:00 PM		Hatha Flow - Roll w/Jeanne L2		Restorative Yoga w/Jeanne AL			
6:30-8:00 PM	Acro Jam						

CLASS DESCRIPTIONS

Acro Jam: Self Led Practice -Space to practice Acro Skills.

Aerial- Open Hang: Please contact Tiffany Metz at 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 yoga practice for all levels. Especially good for beginners.

Hatha Flow 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.

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 Yoga. Take one or both!

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: Interdisciplinary style of yoga for all levels.

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.