

March 2020 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:30-7:30 AM	SpinFLEX w/Katherine Spin: 6:30-7:00 FLEX: 7:05-7:30		SpinTRX w/Katherine Spin: 6:30-7:00 TRX 7:05-7:30			HOLIDAY HOURS OPEN 5:30AM-1PM Seward's Day MONDAY, March 30 <i>CLASS SCHEDULE FOR March 30</i> 6:30-7:30: SpinFLEX 10-11:15: Yin Yoga			
7:00-9:00 AM	Open Hang Aerial Practice \$10 members / \$10 + \$8 Guests		Open Hang Aerial Practice \$10 members / \$10 + \$8 Guests						
8:30-9:15 AM		Spinning w/Holley		Spinning w/Holley					
8:30-9:45 AM		Vinyasa Yoga w/Katherine L2-3		Vinyasa Yoga w/Katherine L2-3					
10:00-11:15 AM	Yin Yoga w/Katherine AL								
10:30-11:15 AM		Senior Weights w/Dena May		Senior Weights w/Dena May					
3:00-4:15 PM		For all Spin/FLEX,TRX, YOGA classes please feel free to take one or both!					Back/Hip Yoga w. Restorative w/Katherine AL		
4:30-5:15 PM									Self Myofascial Release w/Katherine AL
5:30-6:30 PM									
4:45-6:15 PM (M/W) 4:45-5:45 PM (F)	SpinYOGA w/Cindy & Courtney Spin: 4:45-5:25 Yoga: 5:30-6:15 L1		SpinYOGA w/Cindy & Courtney Spin: 4:45-5:25 Yoga: 5:30-6:15 L1		SpinYOGA w/Cindy & Courtney Spin: 4:45-5:10 Yoga: 5:15-5:45 L1				
5:00-7:00 PM					Open Hang Aerial Practice \$10 members / \$10 + \$8 Guests				
5:45-7:00 PM		Hatha Flow/Roll w/Jeanne L1-2		Restorative Yoga w/Jeanne AL					
6:30-8:00 PM	Acro Jam								

CLASS DESCRIPTIONS

Acro Jam: This is a self-led practice (teacher is not leading a class). Space to is provided to work on acro yoga skills.

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

Back/Hip Yoga: A gentle yet therapuetic practice to support a healthy back and hip region. Especially good for beginners.

Hatha Flow/Roll: Hatha flow and core conditioning followed by foam rolling, pinky balls & deep relaxation.

Intro to Kundalini Yoga: Based on the teachings of Gloria Latham and Yogi Bhajan. Kundalini is a practice that uses kriya (set patterns of breath and/or movement) and naad (essence of sound through mantra) to balance the subtle energies of the body and strengthen the nervous and endocrine systems in an effort to awaken our true potential as human beings.

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, stability balls 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.

SpinTRX 30 minutes of cycling followed by 25 minutes of suspension training. Participants must show up a few minutes early to set up their system 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.

Vinyasa Yoga: Increase strength, flexibility, and balance while reducing stress and tension with an energizing physical yoga practice that focuses on breath, kryia, and self study.

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.

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.