

November 2022

Group Fitness and Yoga Schedule

Time	Sunday 1 PM-7 PM	Monday 5:30 AM-8:30 PM	Tuesday 5:30 AM- 8:30 PM	Wednesday 5:30 AM- 8:30 PM	Thursday 5:30 AM- 8:30 PM	Friday 5:30 AM- 7 PM	Saturday 9 AM- 3 PM	
8:15-9:00 AM		Spinning w/Nicholle		Spinning w/Nicholle		Spinning w/Kendra		
9:00-9:45 AM		Pump w/Nicholle		Pump w/Nicholle				
9:30 - 10:15 AM			Spinning w/Johanna		Spinning w/Johanna		Spinning w/Kendra	
10:15-11:30 AM							Yoga AL w/Gillian	
10:30-11:15 AM			Chair-Based Fitness w/Johanna		Chair-Based Fitness w/Johanna	<p style="text-align: center;">SRC IS CLOSED NOVEMBER 11th in observance of Veteran's Day & 24th for Thanksgiving</p> <p style="text-align: center;">Open Nov 25th 8am - 3:30pm</p> <p style="text-align: center;">Hours for October Mon-Thur 5:30am - 8:30pm Friday 5:30am - 7pm Saturday 9am - 3pm Sunday 1pm - 7pm</p>		
10:30-11:45 AM		Yin Yoga w/Jeanne	Hatha Flow/Roll L2 w/Jeanne	Back/Hip/Roll AL w/Jeanne	Hatha Flow/Roll L2 w/Jeanne			
3:00-3:45 PM	Karate Skills Practice							
4:00-5:15 PM	Gentle Yoga/Roll AL w/Jeanne	Facility may close or classes may be canceled at anytime due to staff illness.						
4:45-6:00 PM		Spin & Stretch w/Cindy & Courtney Spinning 4:45-5:25 Stretch & Roll 5:30-6		Spin & Stretch w/Cindy & Courtney Spinning 4:45-5:25 Stretch & Roll 5:30-6 No Stretch & Roll 11.2				
5:45-6:30 PM			Spinning w/Kendra		Spinning w/Kendra			
6:15-7:30 PM			Gentle Yoga/Roll AL w/Jeanne		Restorative Yoga AL w/Jeanne			

Class Descriptions

Back/Hip Yoga: Yoga practice to support a healthy back and hip region.

Longer holds to correct unbalanced holding patterns.

Gentle Yoga/Roll: Gentle style yoga with passive stretching to reduce stress and tension and improve flexibility. Myofascial release with foam roller and balls.

Hatha Flow/Roll: Basic and challenging yoga postures held longer and linked through Vinyasa movement; balancing poses emphasized. Myofascial release with foam roller and balls.

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.

Roll: Foam roller and pinky balls to massage tight muscles.

Chair-Based Fitness: Chair based resistance training program for the entire body. Great for beginners too!

Spinning: A fun low impact group cycling workout with great music that uses endurance, intervals, hills, drills and rhythm to burn fat.

Spinning for Beginners: Learn how to set up your bike, introductions to Heart Rate Training, Perceived Exertion, terminology involved in indoor cycling, and focusing on the 5 core movements in Spinning

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.

Yoga: Postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

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.