

2017 Mind-Body Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM		SPORTS CIRCUIT -Ann R.			TRX FUSION -Ann R.		
8AM	PILATES -Paul W.	ATHLETIC YOGA -Grace	SPORTS CIRCUIT -Lauren	BARRE FUSION -Anne S.	PILATES -Ann R.	BODY BLAST -Ann	
8:30AM					INDOOR CYCLING -Viktorija		
9AM	CONTEMPLATIVE FLOW -Paul S.	ZUMBA -Heidi	TOTAL BODY SCULPT -Lauren	INDOOR CYCLING -Ann R.	POWER YOGA -Mikaela	GENTLE YOGA -Mikaela	INDOOR CYCLING
	INDOOR CYCLING -Kristyn	INDOOR CYCLING -Ann R.		VINYASA YOGA -Anne S.		INDOOR CYCLING -Ann R.	PiYo -Jill
9:30AM			INDOOR CYCLING -Viktorija		BODY BLAST -Kristyn		
10AM	BODY BLAST -Paula			TAI-CHI -Fang	HOLISTIC YOGA -Donna	POWER YOGA -Mikaela	CORE & MORE -Paula
	VINYASA FLOW -Viktorija						HATHA YOGA
10:30AM			YOGA FUSION -Viktorija				
11AM			PILATES -Paul W.		YIN YOGA -Jerry		
4PM		MINDFUL BARRE -Suzanne					
5PM	GENTLE YOGA -Anne S.	HATHA YOGA -Anne S.	INDOOR CYCLING -Ann R.	PiYo -Jill			
	INDOOR CYCLING -Ann R.	INDOOR CYCLING -Ann R.	YOGA FUSION -Suzanne				
6:00PM							

CLASSES ARE 50 MINUTES UNLESS NOTED:
**80-Minute classes
*25-Minute classes
Classes are subject to change without notice.

Mind-Body Activities

Experiences You Can Take Home With You

BARREMAT – This class is a fusion of Ballet Floor Barre and mat Pilates. BarreMat will help you strengthen, tone, and increase flexibility while demonstrating how proper alignment and resistance training can repair not only the body, but the mind as well.

BARRE FUSION – This low-impact, full body toning and muscle sculpting workout. For the first 30 minutes, you stand at the Barre, maintain a perfect dancer's frame, and work your entire core, quads, glutes, hamstrings, and calves. With a focus on the part of the muscle deep in the body, closest to the bone, these exercises will help you achieve strong, lean, tone muscles! The latter 30 minutes is spent on the mat, challenging upper body muscles, while still incorporating core work with balance options. A great class for all fitness levels; guaranteed to slim hips, tighten thighs, and lift backsides!

BEGINNER YOGA – Our extremely popular yoga clinic for beginners. Any skill level will feel comfortable and confident as they learn proper execution of the fundamentals of yoga.

BODY BLAST – This is a full body workout that involves weights and resistance training to sculpt the entire body.

BOOT CAMP – A challenging mixture of traditional calisthenics and body weight exercises with interval training and strength training. Seasonally, Boot Camp may be held outdoors.

CONTEMPLATIVE FLOW – An innovative Yoga, Tai-Chi and Chi Kung workout incorporating both dynamic and static postures that build flexibility and overall strength, leaving you feeling centered and calm. Using controlled breathing, meditative concentration, and a carefully structured series of stretches, movements, and postures to music, our instructors create a holistic workout that brings the body into a state of harmony and balance while building mind, body, and flow.

CORE & MORE – An entire class dedicated to our most common problem area, our mid-section. This class will help you strengthen your core, while toning your stomach, hips and thighs. Each class takes time to work on flexibility and stretching as well.

HOLISTIC YOGA – A yoga class that focuses on the whole person and integrates Restorative, Hatha, and Vinyasa yoga with attention to breathing, balance and core strength.

INDOOR CYCLING – Our indoor theater cycling class offers a high-energy stationary bike workout that will enhance cardiovascular endurance and improve muscular strength. Participants select personal intensity levels during the workout through body position and bike tension. The studio is equipped with a high-definition television, bringing you a theater video ride with great music. All fitness levels are welcome; space is limited to 12 participants on a first-come, first-serve basis.

MINDFUL BARRE – a core and leg muscle conditioning workout utilizing traditional Ballet positions and moves, incorporating breath and mindfulness. An opportunity for a full mind/ body connection to achieve a sense of calm, beauty, grace, and elegance, bringing awareness to perfect posture, while challenging abdominal and leg muscles, making them lean and strong, and increasing flexibility.

PILATES – Enjoy a challenging series of exercises designed to strengthen and tone your core. Pilates is mind-body oriented; intense physical concentration, along with proper breathing, is necessary to reap the immense benefits. Our instructors will teach the correct technique and flow, resulting in increased strength, flexibility, and balance.

PILATES/TRX FUSION – Full body Pilates mat-based workout using a combination of Pilates and TRX training. Workout designed to help participants develop leaner, longer-looking muscles, establish core strength and stability, and heighten mind-body awareness.

POWER YOGA – Focus on strength and flexibility as you move continuously from one position to the next in this more vigorous form of vinyasa-style yoga.

RELAX & RENEW – This class is a supportive, deep relaxation class that assists students to enter the deepest state of relaxation possible. Use of foam rollers, weighted bars and light hand weights are used to open up your range of motion and release tight muscles.

RESTORATIVE YOGA – This class brings harmony to the body's rhythms. It brings you to a state of "being," not "doing". Props are used to place the body in comfortable, relaxing poses. This enables the mind to clear, the breath to deepen, and the body to easily relax into balance.

SLOW FLOW HATHA YOGA – This class extends principles of alignments as well as mindfully transitioning from pose to pose. This style of yoga incorporates awareness, breath, muscle integrity, and core integration. Modifications and props are utilized as needed and ends with a period of deep relaxation. This class will create a balance between strength and flexibility and a calm, focused mind.

SPORTS CIRCUIT – Train like an athlete in this sports-infused class. Functional training based, this class is a total body workout for ALL fitness levels.

TOTAL BODY SCULPT – A full body workout that targets all of the major muscles groups. This class is designed to strengthen and tone the body while empowering the mind. Whether you are new to fitness or advanced, you are sure to be challenged and have fun.

TAI-CHI – This is an ancient Chinese form of slow exercise that incorporates meditation with powerful deliberate movements. This class will promote healing and prevent injuries while increasing your range of motion and breathing. Participants will work on improving mental focus, coordination, and overall health while helping ease arthritis.

TRX FUSION – This class incorporates the latest in suspension training with core development and weight training. Our instructors will guide you through proper form and execution of movements making it perfect for all fitness levels.

VINYASA FLOW – This class is all about timing movements with your breathing. Our instructors will guide you through a smooth series of poses that synchronize into a dance-like flow. Vinyasa Flow is a great way to release tension and improve flexibility.

WALKING MEDITATION – Walking meditation is a form of meditation in action. In walking meditation the experience of walking is the focus. We become mindful of our experience while walking, and try to keep our awareness involved with the experience of walking.

YIN YOGA – Holding postures for a longer period to build strength and ease. The holding of postures allows people to experience the different sensations as they shift while holding. A strong focus on connecting with those sensations, observing, discovering, learning about oneself. There is some flow associated with a yin class but absent is the continued movement. The slower pace will also focus on allowing one to develop a focus on one posture at a time rather than continually moving.

PIYO – Piyo is a hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement.

YOGA FUSION – A power yoga class that incorporates strength training with a core focus. Modifications offered throughout class so all fitness levels welcome.

ZUMBA – Zumba, by definition, is a Spanish word meaning "Buzz like a bee and move fast," and that's just what our instructors will motivate you to do. This class is a high-energy dance party designed to expend energy and burn calories all while having fun and dancing to the beat of Latin-style music.

All participants must be on time for classes;
late entries may not be allowed in certain classes.