



# 2019 MIND-BODY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>6 AM</b> Sports Circuit <a href="#">Ann R</a>		<b>6 AM</b> Pilates <a href="#">Alicia</a>	<b>6 AM</b> Pilates <a href="#">Ann R</a>		
<b>8 AM</b> Arms & Abs <a href="#">Lauren</a>	<b>8 AM</b> Athletic Yoga <a href="#">Grace</a>	<b>8 AM</b> Sports Circuit <a href="#">Lauren</a>	<b>8 AM</b> Pilates <a href="#">Ann R</a>	<b>8 AM</b> Pilates <a href="#">Ann R</a>	<b>8 AM</b> Total Body Sculpt <a href="#">Ann</a>	
<b>9 AM</b> Contemplative Flow <a href="#">Paul S</a>  Thighs, Butts & Guts <a href="#">Lauren</a>	<b>9 AM</b> Indoor Cycling <a href="#">Ann R</a>  Gentle Yoga <a href="#">Grace</a>	<b>9 AM</b> Thighs, Butts & Guts <a href="#">Lauren</a>  Pilates <a href="#">Alicia</a>	<b>9 AM</b> Mir-Barre <a href="#">Kristin</a>  Zumba <a href="#">Grace</a>	<b>9 AM</b> Power Yoga <a href="#">Mikaela</a>  Indoor Cycling <a href="#">Viktorija</a>  TRX Fusion <a href="#">Ann R</a>	<b>9 AM</b> Gentle Yoga <a href="#">Mikaela</a>  Indoor Cycling <a href="#">Ann R</a>	<b>9 AM</b> Indoor Cycling <a href="#">Viktorija/Ann</a>  Back to Basics Yoga <a href="#">Debra</a>
<b>9:30 AM</b> Power Cycle <a href="#">Viktorija</a>		<b>9:30 AM</b> Power Cycle <a href="#">Viktorija</a>				
<b>10:30 AM</b> Vinyasa Flow <a href="#">Viktorija</a>	<b>10 AM</b> Pilates <a href="#">Alicia</a>  Orthopedic Yoga** <a href="#">Michelle</a>	<b>10:30 AM</b> Yoga Fusion <a href="#">Viktorija</a>	<b>10 AM</b> Tai Chi <a href="#">Fang</a>  Orthopedic Yoga** <a href="#">Michelle</a>  Indoor Cycling <a href="#">Ann</a>	<b>10 AM</b> Mir-Barre <a href="#">Viktorija</a>  Hatha Yoga <a href="#">Mackenzie</a>	<b>10 AM</b> Power Yoga <a href="#">Mikaela</a>	<b>10 AM</b> Core & More <a href="#">Viktorija/Ann</a>
<b>5 PM</b> Pilates <a href="#">Ann R</a>	<b>5 PM</b> Hatha Yoga <a href="#">Ann S</a>	<b>5:30 PM</b> Multi-Level Yoga <a href="#">Melisa</a>	<b>5 PM</b> Mindfulness in Motion <a href="#">Deb</a>	<b>4 PM</b> Happy Hour Yoga <a href="#">Bailey</a>		



Classes are 50 minutes unless noted: \*30-minute class \*\*90-minute class | Classes are subject to change without notice

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**Athletic Yoga** Use yoga to improve strength, flexibility, range of motion, mindfulness and determination, resulting in better performance in your sport pursuits, a cleared mind and an overall transformation in how you can use yoga in your training, and in life.

**Arms & Abs** The Arms and Abs class focuses specifically on the upper body and core muscle groups. Be prepared to use various types of resistance equipment, including weights, bands, body bars and body weight to increase the intensity and fun of working the upper body muscle groups as well as the abdominals and lower back.

**Back to Basics Yoga** If you're just getting started on your yoga journey, haven't practiced for a while, or find yourself wanting to focus on the foundations of your practice, this yoga class is for you. Expect to feel stronger, more flexible, and have an increased awareness, both on and off your yoga mat.

**Body Blast** This is a full body workout that involves weights and resistance training to sculpt the entire body.

**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.

**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.

**Dance & Groove** Get those leg warmers on and join us for a high energy, old school aerobics class. A mix of dance and power moves to get your heart pumping and keep you smiling.

**Hatha Yoga** This is a yoga class which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures, breathing techniques, and meditation techniques with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Hatha yoga postures strengthen and stretch the body, promoting balance and flexibility.

**Gentle Yoga** Focus on deep stretches and breathing during this relaxing yoga practice.

**Guided Meditation** Enjoy a safe and simple meditation practice with a trained instructor. Explore the multiple styles of Pranayama (breath awareness practice) and Yoga Nidra (deep relaxation). No prior meditation experience required.

**Indoor Cycling** Our indoor theater cycling class offers a high-energy stationary bike workout that will enhance cardiovascular endurance and improve muscular strength. All fitness levels are welcome; space is limited to 12 participants on a first-come, first-serve basis.

**Mindfulness in Motion** Come to clear your mind, move your body, and center your soul. You'll leave feeling refreshed & more self-aware - plus you'll gain clarity on how to maintain a sense of mindful ease throughout the week.

**Mir-BARRE** The barre is used as you go through exercises that focus on isometric strength training. This class will help you achieve strong, lean and toned muscles.

**Orthopedic Yoga Therapy** Utilizing fascial release techniques to precisely open tight tissue and adhesions, combined with therapeutic flow and corrective exercises to strengthen weak areas, this class is designed to relieve pain and restore optimal structural balance. Class ends with a guided relaxation and hands on massage techniques for the neck and shoulders. All are welcome! Appropriate for beginners, advanced students, people in pain, yoga teachers, and fitness enthusiasts.

**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.

**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.

**Sports Circuit** Train like an athlete in this sportsin-fused class. Functional training based, this class is a total body workout for ALL fitness levels.

**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.

**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.

**Thighs, Butts & Guts** Thighs, Butts, and Guts class focuses specifically on the lower body and core muscle groups. Be prepared to use various types of resistance equipment, including weights, bands, body bars and body weight to increase the intensity and fun of working the lower body muscle groups as well as the abdominals and lower back.

**TRX Fusion** incorporates strength training with TRX® Suspension Trainer, along with body weight, light free weight, and Pilates. This class will develop strength and endurance as well as improve balance, flexibility, and core strength.

**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.

**Yoga Fusion** A mix of traditional yoga poses incorporated with another form of fitness, such as Pilates or resistance training. This blending of techniques focuses on combining mind and body exercises with the benefits of strength, aerobics, balance and flexibility.