



# 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> 20/20/20 <a href="#">Ann</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>8:30 AM</b> Back to Basics Yoga <a href="#">Debra</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>  Indoor Cycling <a href="#">Philip</a>	<b>9 AM</b> Mir-Barre <a href="#">Alicia</a>  Dance & Groove <a href="#">Katia</a>	<b>9 AM</b> Power Yoga <a href="#">Mikaela</a>  Cycling/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>9:30 AM</b> Mindfulness in Motion <a href="#">Debra</a>
<b>10 AM</b> Vinyasa Flow <a href="#">Mackenzie</a>  Barre <a href="#">Jenn</a>	<b>10 AM</b> Pilates <a href="#">Alicia</a>  Energy Flow <a href="#">Kim</a>	<b>10 AM</b> Yoga Fusion <a href="#">Alicia</a>	<b>10 AM</b> Tai Chi <a href="#">Fang</a>  Slow Flow <a href="#">Heather</a>  Indoor Cycling <a href="#">Ann</a>	<b>10 AM</b> Hatha Yoga <a href="#">Mackenzie</a>	<b>10 AM</b> Power Yoga <a href="#">Mikaela</a>  Pi-Yo <a href="#">Lisa</a>	<b>10:30 AM</b> Buti Yoga <a href="#">Bailey</a>
<b>5 PM</b> Slow Flow <a href="#">Heather</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>6 PM</b> Mindfulness in Motion <a href="#">Deb</a>	<b>4 PM</b> Happy Hour Yoga <a href="#">Bailey</a>	<b>11 AM</b> Hatha Yoga <a href="#">Lisa</a>	



Classes are 50 minutes each | Schedule effective September 1, 2019 | Classes are subject to change without notice

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**20/20/20** Designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work.

**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.

**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.

**Buti Yoga** Buti, in Indian Marathi, means "the cure to something hidden or kept secret." This practice is a high-intensity fusion of yoga, tribal dance, and plyometrics. Classes combine cardio, strength training and flexibility in one seamless format.

**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.

**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.

**Energy Flow** A vinyasa class that will strengthen, stretch, tone and relax your entire body. This class is appropriate for all levels and will deepen your body's understanding of familiar poses while also allowing you to advance your practice with more challenging asanas and sequences. Breath and movement are linked together with the intention of creating heat and allowing for space in the body - and ultimately experiencing the surrender of relaxing into your final resting pose.

**Hatha Yoga** Yoga postures & breath work will be combined to calm the mind and exercise the body. Students will practice balance postures, work on increasing flexibility where it's needed, and gain strength. Each class will end with the traditional quiet of Savasana to complete the practice.

**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.

**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.

**Pi-Yo** A fusion of yoga postures and traditional Pilates' mat work will exercise and improve muscle strength, endurance, flexibility, balance, and coordination. This non impact workout will increase core stability and challenge all major muscle groups.

**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.

**Slow Flow** Build strength and flexibility in this slow flow yoga class. This practice offers a slower progression of sequences and longer holding postures where the entire mind and body are brought into balance.

**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.

**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.