

# NOVEMBER 2017

# CLASSROOM

## GROUP FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



	<p>8:45-9:30 AM</p> <p><b>RESTORATIVE YOGA</b></p> <p>-Karen</p>	<p>8:45-9:45AM</p> <p><b>YOGA</b></p> <p>-Kendall</p>	<p>8:45-9:30 PM</p> <p><b>RESTORATIVE YOGA</b></p> <p>-Karen</p>		
<p>9:30-10:30AM</p> <p><b>Power Hour</b></p> <p>-Kendall</p>				<p>9:30-10:30AM</p> <p><b>Power Hour</b></p> <p>-Kendall</p>	<p>9:30-10:30 AM</p> <p><b>MIND BODY YOGA</b></p> <p>-Rotating Instructors</p>
	<p>10:30-11:15 AM</p> <p><b>YOGA EXPRESS</b></p> <p>-Karen</p>	<p>10:00-11:00AM</p> <p><b>FUSION</b></p> <p>-Kendall</p>	<p>10:30-11:30 AM</p> <p><b>YOGA</b></p> <p>-Karen</p>		
	<p>2:30-3:30 PM</p> <p><b>YOGA FOR OSTEO</b></p> <p>-Ann K</p>				
<p>5:30-6:30 PM</p> <p><b>YouYoga</b></p> <p>-Michael</p>		<p>5:30-6:30 PM</p> <p><b>YOGA FLOW</b></p> <p>-Michael</p>			

CLASS FITNESS LEVELS:

LOW IMPACT/ BEGINNER

ALL FITNESS LEVELS

INTERMEDIATE/ ADVANCED

# CLASS DESCRIPTIONS BY FITNESS LEVEL

## LOW IMPACT:

**Restorative Yoga:** A gentle yoga class using props and modifications; designed to restore the mind, body and spirit. Ideal for those with chronic or acute injuries or conditions, anyone new to yoga and anyone with joint or muscle issues. Appropriate for pre/postnatal women.

**Yoga for Osteo:** Yoga postures adapted specifically for those seeking to prevent or manage osteopenia & osteoporosis.

## ALL FITNESS LEVELS:

**Fusion:** Pilates and stretching together in a class format that flows from one discipline to the other seamlessly.

**Mind Body Yoga:** Weekend yoga of various formats that will leave you relaxed and refreshed.

**Power Hour:** A challenging class designed to incorporate physical and breathing exercises to isometrically increase strength in both mind and body.

**Yoga:** Yoga is an excellent way to stretch & strengthen the body, focus the mind and relax the spirit. One hour class!

**Yoga Express:** A refreshing 45 minute Yoga class to stretch & strengthen the body.

**Yoga Flow:** Fluid yoga class linking poses together in a "Flow" type of format.

## INTERMEDIATE/ADVANCED FITNESS

**You Yoga:** A slow flow class offering a range of variations and modifications to suite each individual, tuning in with breath to find an inner connection.

### Class Etiquette:

Please arrive on time for classes. If you arrive too late, you may be asked to leave the room by the instructor as it is disruptive and missing warm-up increases risk of injury.

### Notes:

Classes are subject to change and are reviewed carefully on a monthly basis as the schedule will ebb & flow throughout the year. New classes are tried during busy seasons. Long-term success is based primarily on attendance, demand and instructor availability.