

MIND/BODY SCHEDULE 2008 Fall (Sept-Dec)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:00am							
6:00-7:00am		5:30 Pilates Brooke		5:30 Vinyasa Tammy			
7:00-8:00am							
8:00-9:00am				8:00* Core Conditioning Candy			
9:00-10:00am	8:30 Vinyasa Christi	8:30 Yoga Pump Candy	8:30 Vinyasa Lisa	8:30 Yoga Pump Candy	8:30 Vinyasa Shelle	8:30 Vinyasa Janet	8:30 Yoga Pump Caren
10:00-11:00am	9:30 Pilates Jennifer	9:30 Yoga Basics Jennifer	9:30 Pilates Lisa	9:30 Pilates Rae		9:30 Pilates Janet	9:30 Vinyasa Caren
11:00-12:00am	10:30 Flexibility Marcy						
12:00-1:00pm		12:00** Pilates Paula		12:00** Yoga Shelle			
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-5:00pm	4:30 Pilates Joanne		4:30 Pilates Joanne				
5:00-6:00pm		5:10* Core Conditioning June		5:10* Core Conditioning Shelly			
6:00-7:00pm	5:30 Vinyasa Joanne	5:45 Power Vinyasa Kara		5:45 Stress Relief Yoga Sacha			
7:00-8:00pm		7:00 Stress Relief Yoga Diane	6:00 Fitness Yoga Shere				6:30 Stress Relief Yoga Sacha

CLASS DESCRIPTIONS

Core Conditioning*

Intense, rock solid abdomen and back workout. This class is the perfect compliment to any cardio routine and will get you the results you've always wanted.

Fitness Yoga

A combination of balance, coordination, strength, flexibility and cardiovascular endurance all in one. It is a total body workout integrating basic yoga postures with weight training and cardiovascular conditioning. It will significantly increase flexibility while building strength!

Flexibility

Decrease soreness and risk of injury while stretching all the muscles of the body. This is the perfect addition to any exercise routine!

Pilates

This class will introduce the participants to Pilates principals and matwork. You will perform exercises targeting the core muscles of the abdomen and back while improving flexibility, coordination and posture. Balls, rings, and straps may be added to enhance the class.

Stress Relief Yoga

A relaxing yoga class with postures focusing on the overall release of the body's muscle tension.

Yoga Basics / Yoga

Basic yoga class that is great for beginners to advanced. This class will combine a series of basic yoga postures for a total body workout.

Yoga Pump


A combination of intense cardio, weight training, core strength conditioning and basic hatha yoga asanas creating a one of a kind fitness workout. Achieve muscle tone and definition while you increase your flexibility and cardiovascular endurance!



Vinyasa/Power Vinyasa




This class combines a series of flowing postures with rhythmic breathing for an intense mind-body workout.

*30 min Class

**45 min class

 All skill levels welcome

 Gives an extra challenge

 Be prepared to sweat

Instructors and class formats are subject to change