

Adult

Mind, Body, Spirit



Please see page 5 for Detailed Registration Information

Pilates Mat Work

The pilates techniques is a form of body conditioning which strengthens the deep abdominal to support the rest of the body. It also re-balances the muscles around the joints and improves posture and flexibility. This class is a must for everyone including people suffering from back problems.

Yoga

Yoga is an ancient system which energizes, relaxes, and rejuvenates your entire being, enhancing physical strength and mental clarity. It's dynamic blend of movement, breathing and meditation contributes to a sense of deep energy and personal transformation. Join us and experience a gentle discipline designed to balance mind, body and spirit. **No infants or children are allowed in the room during this program.**

Yogalates

(blending the fusion of yoga and pilates)

This class is designed to strengthen the deep abdominal muscles, shape and elongate muscles without building bulk, improve posture and flexibility while eliminating tension and reducing stress. This class is a must whether you're a beginner or advanced participant! **No infants or children allowed in the room during this program.**

AT A GLANCE

TIME	Monday	Tuesday	Wednesday	Thursday	Saturday
MORNING CLASSES				Hatha Intermediate 9:00 - 10:00 am	Family Yoga 9:00 - 10:00 am Yoga For Runners 10:20 - 11:20 am
AFTERNOON CLASSES				Mom & Baby Pilates 1:15 - 2:15 pm	
		Yogalates 1:15 - 2:30 pm		Svaroopaa Yoga Beginners 1:00 - 2:30 pm	
EVENING CLASSES	Mother & Daughter Yoga 7:30 - 8:30 pm	Pilates Level 1 6:30 - 7:30 pm	Yoga Flow 7:30 - 8:30 pm	Power Yoga 6:15 - 7:15 pm	
	Power Yoga 8:30 - 9:30 pm	Hatha Yoga 7:15 - 8:30 pm	Gentle Yoga 7:30 - 8:30 pm	New To Pilates 6:30 - 7:30 pm	
		Gentle Yoga 8:00 - 9:00 pm		Pilates Level 1 7:30 - 8:30 pm	

Mother & Daughter Yoga

Please note that both mother & daughter must register for program. The focus is on learning the traditional poses individually. The breathing connection and the personal interaction will create strong bond between mother and daughter. No class Monday, February 20th (Family Day).

Yoga Flow

This class will offer a sequence of flowing yoga postures to reduce tension and improve flexibility.

Gentle Yoga

While appropriate for all fitness levels, these classes pay special attention to provide overall flexibility and help reduce tension.

Power Yoga

During this class participants will perform a series of challenging postures that will stretch and tone the whole body. No class Monday, February 20th (Family Day).

New to Pilates

An introductory program that is essential to those interested in trying Pilates for the first time. Participants will learn the basic principles of Pilates.

Yoga for Runners

In this class participants will perform postures that target the overused muscles used when running.

Svaroopaa Yoga for Beginners

This safe and effective style of yoga unravels the deep-seated layers of tension in your body and creates healing and personal transformation, inner peace and ease.

Pilates Level 1

A more advanced program that builds on the poses learned in the beginner's class. New to Pilates is encouraged as a prerequisite.

Mom and Baby Pilates

This class will be geared towards new moms to help strengthen and tone abdominals after childbirth. A great way to meet moms as well.

Yogalates

This class combines pilates exercises and basic yoga postures. This is a perfect combination for anyone who wants to strengthen their core, improve flexibility and reduce tension.

Hatha Yoga

During this class, participants will learn basic postures and breathing techniques to restore energy and increase flexibility.

Family Yoga

Strengthen family bonds and create togetherness with yoga practice that's designed for the entire family to benefit from and enjoy. No previous yoga experience required.