

# MIND & BODY GROUP EXERCISE SCHEDULE

## YOGA

An ancient art based on a harmonizing system of development for the body, mind, and spirit. The practice of yoga makes the body strong and flexible. It also improves the functioning of the respiratory and circulatory systems. Yoga brings about emotional stability and clarity of mind. In the practice of yoga, the ultimate aim is one of self-development and self-realization. Many different styles of yoga exist and several are offered in our Mind & Body Program.

**HATHA YOGA** This class is suitable for all ages and levels and makes a lasting improvement in your health. Through a series of low impact yoga poses and breathing techniques, you learn how to calm the mind, balance the emotions, and better manage stress. Fundamentals are reinforced and props are used to safely improve posture, gain flexibility and strength, promote balance, release tension and increase energy. Dave adds refinements to challenge the more advanced while providing options for all.

**YOGA FUSION** A flowing vinyasa style class that blends iyengar, ashtanga and kundalini yoga styles. A challenging workout incorporating flexibility work, breathing exercises, and deep relaxation. This is a multilevel class with Suzanne providing options to accommodate students' level of ability.

**IYENGAR YOGA** This is a multi-level Yoga class, incorporating alignment principles taken from the Iyengar tradition. Breath awareness techniques are also introduced, to allow students to experience the "Quiet Mind". David U. will focus on symmetry, body alignment and meditation. Each pose is held for a longer amount of time than in most other yoga styles, developing a state of focused calm.

**ASHTANGA YOGA** This class is light on meditation and focuses primarily on developing strength and stamina. The poses are more challenging than those performed in other styles. Students move quickly from one pose to another in an effort to build strength and flexibility. Becca has been teaching for many years and will guide you through an excellent class.

**IN SYNC** This is a beginning/intermediate class that brings therapeutic benefit to the body and mind. It incorporates sun salutations and form principles, designed to put the body into optimal alignment. This is a great class to enhance sports performance. David will teach you valuable tools that can be incorporated into daily life.

**YOGA FLOW** Join Suzanne in this flowing movement class as you reduce stress, tune into yourself, improve your health and the quality of life. Learn breathing and relaxation techniques, which will keep your energy flowing with vitality.

**BETTER BACK YOGA** Using an alignment oriented yoga, Cynthia focuses on strengthening the core, critical for providing back strength. This a full body yoga class designed for all levels, using poses to improve overall body symmetry and strength.

**YOGA FLEX** This class targets the balanced integration of body, mind and spirit. Postures (asana) and posture flows (vinyasa) encourage strength and flexibility. Cynthia has an excellent format that will improve muscle tone, flexibility, circulation, energy, and well-being.

## PILATES

A body conditioning system created over 80 years ago by Joseph H. Pilates composed of exercises performed on the floor (mat), or with specialized equipment (reformers, strength circles, resistance bands). Pilates coordinates mind, body, and breath to develop functionally strong abdominal and back muscles and aligns the shoulder girdle. The pilates system is designed to lengthen and strengthen muscle with an emphasis on muscular movement initiation. While improving balance, posture, coordination, strength, and flexibility, it is also an effective way to rehabilitate injuries and chronic pain.

We offer three types of Pilates mat classes. The focus is on essential (fundamental) level exercise, in varying degrees of intensity. Use of equipment, in the form of resistance bands and spring steel strength circles, may be used in any of the mat classes. Biomechanical principles of core stability, peripheral mobility, breathing, and relevant alignment exercises are the basis of our Pilates Program.

### **PILATES – Mat Fundamentals/Beginner PILATES – Mat Intermediate PILATES – Mat Advanced**

**PILATES – Reformers** Our Pilates Reformer program is an excellent one. A reformer is a specialized piece of equipment that adds another dimension to the beneficial Pilates philosophy. There is an additional fee for this class, as it requires concentrated instruction and supervision by a specially certified instructor. Please contact D'lynn St. Pierre for details and an appointment.

## STRETCH

**MULTI STRETCH** D'lynn demonstrates a variety of stretching techniques in this informative class, including: static, active, passive, dynamic, isometric, PNF, and self-myofascial release. Terrific addition to any other class, workout, or program.

**CYCLE STRETCH** This class is designed specifically, but not limited to, the cyclist. Particular attention is paid to the lumbo-pelvic-hip complex, quadriceps, hamstrings and calves. This is an excellent class for beginners.

**CORE STRETCH** David uses his knowledge of postural and structural analysis, core stability, and his love of yoga to formulate this valuable class. The integration of restorative flexibility and basic yoga poses improves functional strength, postural integrity, and structural alignment.

## TAI CHI

Tai Chi is a gentle, ancient martial art and system of health-enhancing, meditative movements. It improves and enhances: relaxation, balance, leg strength, circulation, energy, physical awareness, reflexes, and coordination. This class is fee-based and is offered in a twelve week program. The instructor, Susan Lowell, has over twenty years of experience and makes a wonderful addition to our teaching staff.

## MARTIAL ARTS

Our Martial Arts program is conducted by an 8th degree Grand Master. Grand Master Chun's focus is on a philosophy of consistency, discipline, physical & mental practice, and family values. Classes available for children and adults.

<b>MON.</b>	<b>TUES.</b>	<b>WED.</b>	<b>THURS.</b>	<b>FRI.</b>	<b>SAT.</b>	<b>SUN.</b>
CORE & MORE Kristen 8 am 60 Min Lvl ML	HATHA YOGA Dave L 6 am 60 Min Lvl ML	POWER 1/2 HOUR YOGA "ABC's" David U 7 am 30 Min Lvl 1	CORE & MORE Gretchen 8 am 60 Min Lvl ML	CORE & MORE Gretchen 8 am 60 Min Lvl ML	MARTIAL ARTS ADULT GM Chun 9:00 am R 60 Min Lvl ML	HATHA YOGA Dave L 8 am 60 Min Lvl ML
BETTER BACK YOGA Cynthia 12 pm 75 Min Lvl ML	CORE & MORE Gayle 8 am 60 Min Lvl ML	CORE & MORE Gretchen 8 am 60 Min Lvl ML	YOGA FUSION Suzanne 7:30 pm 75 Min Lvl ML	YOGA FLOW Suzanne 12 pm 75 Min Lvl ML	MULTILEVEL PILATES Ellen 11:30 am 60 Min	FUNDAMENTAL/ BEGINNER PILATES Dave L 4:30 pm 60 Min
MARTIAL ARTS YOUTH GM Chun 3:30 pm R 90 Min Lvl ML	FUNDAMENTAL/ BEGINNER PILATES Dave L. 11:30 am 60 Min	MULTILEVEL PILATES Katya 9:30 am R 60 Min		ASHTANGA YOGA Becca 4 pm 90 Min Lvl ML	TAI CHI* Beginners Susan 11:30 pm 60 Min R	YOGA FUSION Suzanne 5:30 pm 90 Min Lvl ML
INTERMEDIATE PILATES Ellen 4 pm 60 Min Lvl 2	YOGA FLOW Suzanne 12:30 pm 75 Min Lvl ML	IN SYNC YOGA David U 12 pm R 60 Min Lvl ML			TAI CHI* Intermediate Susan 12:30 pm 60 Min R	
HATHA YOGA George 7:30 pm 60 Min Lvl ML	IYENGAR YOGA David U 7:30 pm 60 Min Lvl ML	STRETCH & RELAX Michael 12 pm Lvl ML			IN SYNC YOGA David U 12:30 pm 60 Min Lvl ML	
		MARTIAL ARTS YOUTH GM Chun 3:30-5 pm R				
		ASHTANGA YOGA Becca 4 pm 90 Min Lvl ML				
		CYCLE STRETCH David U 7 pm R 30 Min Lvl ML				
		HATHA YOGA George 7:30 pm 60 Min				

\* Additional Fee and by appointment R = Racquetball Area