

# Mind~Body Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am flow yoga (c)	6:00am pilates (d)	6:00am flow yoga (c)	8:30am stretch horizons (c)	6:00am flow yoga (c)	8:00am pilates (c)	8:30am flow yoga 75 (c)
8:30am pilates (d)	8:30am stretch horizons (c)	8:30am advanced pilates (d)	9:30am flow yoga 75 (c)	7:30am yoga/pilates blend (c)	9:00am flow yoga 90 (c)	9:45am meditation 45 (c)
9:00am flow yoga 75 (c)	9:30am flow yoga 75 (c)	9:00am flow yoga (c)	11:00am pilates lite (d)	8:30am flow yoga (c)	10:30am ashtanga yoga (c)	11:00am yoga/pilates blend (b)
11:00am yoga lite (c)	11:00am pilates lite (d)	9:30am pilates (d)	11:00am stationary yoga (c)	9:00am nia (d)	12:00pm gentle yoga (c)	
6:00pm flow yoga (c)	11:00am stationary yoga (c)	10:00am nia (b)	<b>NEW</b> 5:00pm intro to ashtanga yoga (c)	9:30am pilates (c)		
6:00pm nia (b)	12:00pm ashtanga yoga 90 (c)	11:00am yoga lite (c)	6:00pm flow yoga (c)	11:00am yoga lite (c)		
7:30pm pilates (d)	6:00pm foundations of yoga (c)	5:30pm pilates (c)	7:00pm yoga lite (c)			
	6:30pm pilates (d)	6:00pm nia (d)				
	7:00pm flow yoga (c)	6:30pm flow yoga (c)				
	8:00pm extended relaxation 15 (c)					

## Class Descriptions

### **ashtanga yoga / ashtanga yoga 90**

a set series of poses is performed, always in the same order. a very physically demanding practice with constant movement.

### **flow yoga / yoga 75 / yoga 90**

this hatha-style yoga class combines a series of dynamic, flowing postures with deep rhythmic breathing for an overall body-mind workout designed to release tension, build strength, and increase endurance and flexibility.

### **foundations of yoga**

a slow-paced class designed to teach the basic postures, safe alignment and correct breathing techniques.

### **gentle yoga**

slow-pace is emphasized. breathe, move, stretch & destress. all the benefits of yoga without the intensity. all levels welcome.

### **intro to ashtanga yoga**

a beginning to a set series of poses.

### **meditation**

45 minutes of relaxation techniques along with developing more inner awareness.

### **nia**

transformational aerobic movement practice that draws from dance art, martial arts, & healing arts.

### **pilates lite**

our slower paced pilates mat workout focuses on core strength, flexibility, and muscle endurance.

### **pilates matwork**

emphasizes core strength, flexibility, muscle endurance, flow and grace.

### **stationary yoga**

focus deeply on postures without the vinyasa flow.

### **stretching your horizons**

45 minutes of gentle and effective stretch to get your day off to a more flexible start.

### **yoga lite**

our slower paced yoga class emphasizes flexibility, strength, balance, and relaxation with the yoga basics.