

# Mind~Body Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am flow yoga (c)	8:30am stretching your horizons (c)	6:00am flow yoga (c)	8:30am foundations of yoga (c)	6:00am flow yoga (c)	8:30am bellydancing (d)	8:30am flow yoga 75 (c)
8:30am pilates (d)	9:15am lean conditioning (d)	8:30am power pilates (d)	9:30am flow yoga 75 (c)	8:30am flow yoga (c)	9:00am flow yoga 90 (c)	9:45am meditation 45 (c)
9:15am flow yoga 75 (c)	9:30am flow yoga 75 (c)	9:15am flow yoga (c)	10:30am lean conditioning (b)	9:00am nia (d)	9:30am pilates (d)	11:00am power pilates (c)
11:00am yoga lite (c)	11:00am stationary yoga (c)	9:30am pilates (d)	11:00am pilates lite (d)	9:30am pilates (c)	10:30am ashtanga yoga (c)	
	11:15am pilates lite (d)	11:00am yoga lite (c)		10:00am lean conditioning (d)		
5:00pm yoga lite (c)		5:30pm pilates (c)		11:00am yoga lite (c)	12:00pm gentle yoga (c)	
6:00pm flow yoga (c)	6:00pm foundations of yoga (c)	6:00pm nia (d)	6:00pm flow yoga (c)			
6:00pm nia (d)	6:30pm lean conditioning (b)	6:30pm about the feet (c)	7:00pm bellydancing (d)	5:30pm 1st friday yoga power happy hour (c)		<b>Classes recommended for beginners or those trying a class for the first time.</b>
7:00pm pilates (d)	7:00pm flow yoga (c)	7:00pm flow yoga 75 (c)	7:00pm yoga lite (c)			
	8:00pm extended relaxation 15 (c)					

## Mind~Body Class Descriptions

about the feet yoga	stretch, strengthen & activate your feet...you'll reap the benefits in everything you do.
ashtanga yoga	a set series of poses is performed, always in the same order. a very physically demanding practice with constant movement.
bellydancing	a core training experience through movement and dance.
flow yoga / yoga 75 / yoga 90	hatha-style yoga class combining 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 & flexibility. intermediate to advanced.
foundations of yoga	a slow-paced class designed to teach the basic postures, safe alignment & correct breathing techniques.
gentle yoga	slow-pace is emphasized. breathe, move, stretch & destress. all the benefits of yoga without the intensity. all levels welcome.
lean conditioning	dance conditioning techniques utilized to develop longer, leaner muscles while increasing flexibility. (formerly fluid motion & lean strength)
meditation	45 minutes of relaxation techniques along with developing more inner awareness.
nia	energizing, fun & funky workout that is perfect for all fitness levels. nia increases flexibility, agility, balance & coordination.
pilates lite	our slower paced pilates mat workout focuses on core strength, flexibility & muscle endurance.
pilates matwork	emphasizes core strength, flexibility, muscle endurance, flow & grace.
stationary yoga	focus deeply on postures without the vinyasa flow.
stretch your horizons	basic stretching class to increase your flexibility & range of motion.
yoga power happy hour	bring a friend the 1st friday of the month for a different kind of happy hour.