

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|---|---|---|---|--|--|--------|
| 6:00 | | Power Yoga 6:00 to 6:45am Ann Kiesling | | | Power Yoga 6:00 to 6:45am Ann Kiesling | | |
| 6:45 | | | | | | | |
| 8:00 | | | | | | Vinyasa Yoga 8:00 to 9:00 Marian McNair | |
| 9:00 | | | | | | | |
| 9:30 | Hatha Yoga 9:30 to 10:30 Don Bae | Power Yoga 9:30 to 10:30am Julie Slobodnik *STUDIO 1 | Balance & Flow 9:30 to 10:30 Don Bae | Power Yoga 9:30 to 10:30am Julie Slobodnik *STUDIO 1 | Power Yoga 9:30 to 10:30am Ann Kiesling | | |
| 10:00 | | | | | | | |
| 10:30 | | | | | | | |
| 12:00 | | Yin Yoga 12:00 to 1:00pm Angie Berthelsen | | Yin Yoga 12:00 to 1:00pm Angie Berthelsen | | | |
| 1:00 | | | | | | | |
| 4:00 | | | | | | | |
| 4:30 | Warm Flow Yoga 4:30 to 5:30 Mercedes Nagel | | Yoga Basics 4:30 to 5:30 Mercedes Nagel | | | | |
| 5:00 | | | | | | | |
| 5:30 | | | | | | | |
| 6:00 | | Vinyasa Yoga 6:00 to 7:00pm Carol Myers | | Gentle Yoga & Meditation 6:00 to 7:00pm Marian McNair | | | |

All classes are held in the GroupX Studio in the Fitness Center EXCEPT the Power Yoga on Tues & Thurs morning at 9:30am which is held downstairs in **Studio 1**

Yoga Basics: This class includes all the basic elements of a Yoga class with multiple variations tailored to students' practice level. Emphasis is on finding proper alignment in the poses and using the breath to find a balance between effort and ease. Classes include a mix of sun salutations with multiple variations, options for more advanced strengthening and balancing poses, twists, backbends and forward bends, inversions, and options for partner poses. Beginners as well as advanced practitioners are welcome to take this class, and options will be given to fit various practice levels. and a guided deep relaxation to seal in the benefits of the asana.

Hatha Yoga: Hatha yoga is a path toward creating balance and uniting opposites. In our physical bodies we develop a balance of strength and flexibility. We also learn to balance our effort and surrender in each pose. Hatha yoga is a powerful tool for self-transformation. It asks us to bring our attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment. In this gentler class expect to be challenged with longer holds with emphasis on breath awareness and body alignment. Some classes will focus on specific areas of the body to bring attention to and cultivate awareness in the students of ones own body.

Vinyasa Yoga: Vinyasa (pronounced "vin-yah-sah") is a Sanskrit word for a phrase that roughly translates as "to place in a special way," referring—in hatha yoga—to a sequence of poses. Vinyasa classes are known for their fluid, movement-intensive practices. Vinyasa teachers sequence their classes to smoothly transition from pose to pose, with the intention of linking breath to movement, and often play music to keep things lively. The intensity of the practice is similar to Ashtanga, but no two vinyasa classes are the same. If you hate routine and love to test your physical limits, vinyasa may be just your ticket.

Power Yoga: It is a free flowing and dynamic mix of postures from various traditions. You can definitely expect to sweat in a power class so bring a towel. Power Yoga tends to be more fitness-based and while it opens and closes with the usual warm-up and cool-down, it will not go so deep into the spiritual and meditative side of most yoga.

Warm Flow Yoga: Warm Flow is a combination of accessible poses, fluid movement and breath in a warm, but not hot room. Over the course of 60 minutes you will move through a series of poses that gently engage and open all the major muscle groups. Spinal integrity is a key area of emphasis in this class. The 6 movements of the spine – left and right side bending and twisting, forward flexion and extension – are incorporated into every Flow, contributing to spinal health, improved posture and overall well-being.

Yin Yoga: Is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one *asana* for five minutes or more.

Yin yoga poses apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga, yin aims at cultivating awareness of inner silence, and bringing to light a universal, interconnecting quality..

Balance & Flow Yoga: This NEW class explores Yoga balance and flow sequences layered over solid foundations without chaturangas.

Set to fun and motivating music, is great for beginners and experienced yogis who are open to expand their practice while still building heat and strength. Expect a total body practice with complex movements that create longer leaner muscles and a body with mobility to improve circulation.

Gentle Yoga & Meditation: Gentle Yoga focuses on yoga fundamentals with a slower pace. Gentle Yoga is great for beginners, the experienced yogi who wants a gentler practice and for active older adults. This class will teach basic yoga movements and poses improving flexibility, alignment and core strength. The class finishes with a Meditation segment.

Class locations:

GroupX Studio: Second floor past the locker rooms

Studio 1: First floor straight back past the restrooms