

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		<b>Power Yoga</b> 6:00 to 6:45am Ann Kiesling			<b>Power Yoga</b> 6:00 to 6:45am Ann Kiesling	
6:45						
8:00						<b>Vinyasa Yoga</b> 8:00 to 9:00 Marian McNair
8:30				<b>Vinyasa Yoga</b> 8:30 to 9:30 Carol Myers		
9:00						
9:30	<b>Gentle Yoga</b> 9:30 to 10:30 Jen Kasdin	<b>Power Yoga</b> 9:30 to 10:30am Julie Slobodnik *STUDIO 1	<b>Vinyasa Yoga</b> 9:30 to 10:30 Jen Kasdin	<b>Power Yoga</b> 9:30 to 10:30am Julie Slobodnik *STUDIO 1	<b>Power Yoga</b> 9:30 to 10:30am Ann Kiesling	
10:00						
10:30						
12:00		<b>Yin Yoga</b> 12:00 to 1:00pm Angie Berthelsen		<b>Yin Yoga</b> 12:00 to 1:00pm Angie Berthelsen		
1:00						
3:30	<b>Hatha Yoga</b> 3:30 to 4:30 Don Bae		<b>Vinyasa Yoga</b> 3:30 to 4:30 Marian McNair	<b>Hatha Yoga</b> 3:30 to 4:30 Don Bae		
4:00						
4:30						
4:45	<b>Warm Flow Yoga</b> 4:45 to 5:45 Mercedes Nagel		<b>Yoga Basics</b> 4:45 to 5:45 Mercedes Nagel			
5:00						
5:45						
6:00		<b>Vinyasa Yoga</b> 6:00 to 7:00pm Carol Myers				

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.

**Gentle Yoga:** 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.

**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.

**Hatha Yoga:** Hatha today usually is a slowly-paced class, consisting of asanas. It does not have the flow one might find in Anusara or Vinyasa but its a great place to start if you are new to yoga or to advance or deepen your practice. You get the time and space to become familiar with yoga poses and relaxation techniques. A Hatha Yoga class would most likely include asanas, breathing techniques and meditation. The practice of Hatha historically, was used to prepare the body for extreme and prolonged meditation so it is designed to release tension and stress

**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.

**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.

## Class locations:

GroupX Studio: Second floor past the locker rooms  
Studio 1: First floor straight back past the restrooms