

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							
7:00		NEW CLASS	NEW CLASS	NEW CLASS			
7:30		BEACH Power Yoga* 7:30 to 8:30 Julie Slobodnik	BEACH Hatha Yoga* 7:30 to 8:30 Mercedes Nagel	BEACH Power Yoga* 7:30 to 8:30 Julie Slobodnik			
8:00						Vinyasa Yoga 8:00 to 9:00 Marian McNair	
8:30							
9:00							
9:30	Hatha Yoga 9:30 to 10:30 Don Bae		Balance & Flow 9:30 to 10:30 Don Bae		Hatha Yoga 9:30 to 10:30 Mercedes Nagel	CLASS ADDED	
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							
5:30							
6:00		Vinyasa Yoga 6:00 to 7:00pm Carol Myers		Gentle Yoga & Meditation 6:00 to 7:00pm Marian McNair			

***BEACH Power and Hatha Yoga** Classes are held down at the Lake Bluff Beach South Shelter - bring your own mat or a large towel to use as your mat. Please give us your cell phone number so we can contact you in case of inclement weather. If the weather is bad, class will be held in the Group X Studio in the Fitness Center. If you are unsure where class will be held, please call the Fitness Center 847-482-9326

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.

Beach Hatha Yoga: Join us down at the Lake Bluff Beach every Wednesday morning to start you day off right! 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.

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.

Beach Power Yoga: Start your day off with a Yoga class - join us at the beautiful Lake Bluff Beach every Tuesday and Thursday morning from 7:30 to 8:30am. 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 will meet at the South Beach shelter

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

BEACH YOGA: Lake Bluff Beach - South Shelter