



What's Happening in YOGA

New!

PRIVATE YOGA

Private Yoga is now available!

One-on-one yoga, much like personal fitness training, is tailored to your specific needs. This session will allow you to work privately with your instructor to create a practice that makes sense for your body and your level of experience at your own pace.

To schedule an appointment please speak with your Yoga instructor. Questions? Please call 444.8096.

• 1-hour session - \$70 Members / \$80 Public



ONGOING FREE CLASSES

Baptiste Power of Yoga

Energize the body, mind and spirit; build strength and develop core control; improve posture, muscle imbalances and coordination; increase flexibility, joint mobility and agility; and enjoy a greater sense of personal empowerment.

Sat: 10-11am —*Sherri Baptiste*

Gentle Yoga

Incorporates yoga postures in a slow meditative and calm practice. Perfect for beginners or experienced practitioners who wish to slow down.

Tues/Thur: 11:10am-12:10pm
—*Jean Johnson*

Hatha Yoga —*New!*

One of the most popular styles of Yoga, Hatha Yoga strives to achieve balance between body and mind, through physical poses (Asanas), breathing techniques (Pranayama), and meditation. This class will challenge you physically, improve your flexibility and strength, and help you become more relaxed.

Tues: 6:15-7:15pm —*Jolie Cash*

Iyengar Yoga

Rather than moving quickly through poses, Iyengar students take more time, and often use props to align their bodies into its ideal positioning. Poses are then held, often for many minutes.

Sun: 11:00am-12:30pm —*Laura Ferracane*

Meditative Stretch

This class enables you to increase your range of motion, improve your posture and decrease stress using visualization techniques, Yoga and Pilates.

Mon & Wed: 12:15-1:15pm —*Dawn Abels*

Vinyasa Flow L 1-2 —*New!*

Moving from one pose to the next on an inhale or an exhale, this technique is known as Vinyasa Flow, or just Flow because of the smooth way that the poses run together and become like a dance. Emphasis is on slow, deliberate movement and deep inner awareness. Come away calm, refreshed, focused and energized.

Wed: 9:30-10:45am —*Jean Johnson*

Vinyasa Yoga

In this class, we link poses together, beginning with more basic to increasingly challenging, going further into the sequences as the level of skill and ability progress. Includes sun salutations, standing poses, seated forward folds and inversions. Not recommended for beginners.

Tues & Thur, L 2-3: 12:15-1:30pm

—*Lori Salomon*

Fri, L3: 11:45am-1:15pm —*Lori Salomon*

Yin Yoga

Targets the connective tissues, such as the ligaments of the hips, pelvis, and lower spine, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice. Suitable for all levels yet can prove challenging due to the long duration of the poses.

Mon & Wed: 4:30-5:45pm —*Puni Elston*

Yoga Fusion —*New!*

Get the best of Yoga, Pilates, and conditioning in this challenging, flowing class that works your body and relaxes your mind.

Thur: 6:00-7:00pm —*Rose of Sharon*

Yoga Groove

A deep, grounded Asana practice that coordinates the breath to the rhythms of tribal and contemporary groove music. Combining the power of Iyengar and Ashtanga with the healing properties of ViniYoga and Vinyasa, be prepared to move and groove your way to a splendid Yoga experience!

Sun: 8:30-9:45am —*Lis Addison*

