

# Yoga & Pilates Schedule Effective March 31

Monday	Tuesday	Wednesday	Thursday
8:30–9:30AM <b>Pilates Mat</b> Patti <span style="float:right">YS</span>	6:00–7:00AM <b>Warm Vinyasa Yoga</b> Kerri <span style="float:right">YS</span>	9:15–10:00AM <span style="float:right">★</span> <b>Pilates Mat</b> Joanne <span style="float:right">YS</span>	6:00–7:00AM <b>Warm Vinyasa Yoga</b> Jenn <span style="float:right">YS</span>
10:20–11:30AM <b>Warm Vinyasa Yoga</b> Gwen <span style="float:right">YS</span>	10:00–11:00AM <b>Gentle/Yin Yoga</b> Paula <span style="float:right">YS</span>	7:15–8:30PM <b>Yoga</b> Gwen <span style="float:right">YS</span>	9:30–10:45AM <b>Vinyasa Yoga</b> Karen <span style="float:right">YS</span>
7:15–8:30PM <b>Yoga</b> Gwen <span style="float:right">YS</span>			
Friday	Saturday	Sunday	KEY:
8:30–9:30AM <b>Pilates Mat</b> Patti <span style="float:right">YS</span>	8:15–9:30AM <b>Warm Yoga</b> Paula <span style="float:right">YS</span>	10:00–10:45AM <b>Pilates Reformer on the Mat</b> Joanne <span style="float:right">YS</span>	YS = Yoga Studio ★ = New Class 🕒 = New Time 😊 = New Instructor
9:35–10:50AM <b>Yoga</b> Gwen <span style="float:right">YS</span>	10:00–10:45AM <b>Pilates Ring</b> Joanne <span style="float:right">YS</span>		
	12:15–1:15PM <span style="float:right">★</span> <b>Gentle Yoga</b> Paula <span style="float:right">YS</span>		

## Class Descriptions

**PILATES MAT** ~ (Regular or Ring) Based on the teachings of Joseph Pilates, this is a great workout designed to strengthen all the core muscles of the trunk-the entire abdominal system, lower back, upper back, glutes and shoulders. All levels can participate, as modifications are given for beginners, intermediate and advanced. Work deep into the “belly” of these all important stabilizing muscles.

Great for problem backs! Come with bare feet.

**Pilates Reformer on the Mat**~ Discover a new way to workout on the mat. Reformer -based exercises, incorporating props and aerobic flowing movement, access the weak areas of your body to uniformly build alignment, muscular balance and strength. This workout will really challenge your core.

**GENTLE YOGA** ~ An all-level, restorative yoga class designed to soothe and calm the physical and mental body. Poses are done seated and reclining with relaxation in between. Eye pillows are provided.

promote strength, flexibility and tone. Bring a yoga mat, water and a towel.

**Warm YOGA** ~ Taught in the classic yoga style of 26 postures, each performed twice in a super heated room. Class runs one hour. Bring plenty of water and a towel.

**VIGOROUS YOGA** ~ A more challenging Kripalu work out. Combines rhythmic breathing with a progressive series of flowing postures designed to

## Class Reminders

### Yoga Studio

Enter Yoga studio gently... respectfully do not enter 10 minutes after class has begun. Yoga studio temperature is kept warm - please dress accordingly.

### Schedule

Classes are subject to change or cancellation at any time. Management reserves the right to substitute or cancel “specialty classes” in cases of instructor unavailability or absence.