



MIND/BODY CLASSES

Adult Ballet – Getting a dancer's body is easy with Adult Ballet! Develop muscle tone, core strength, balance and grace. Ideal for those who are ex-dancers, have no dance experience or who have mild arthritis, fibromyalgia, or MS.

Anusara Yoga – Anusara (a-nu-sar-a) means “flowing with grace,” “flowing with nature,” and “following your heart.” Founded by John Friend, Anusara yoga is a school of Hatha yoga which unifies a life-affirming Tantric philosophy of intrinsic goodness with the universal principles of alignment. By “following your heart,” each student's abilities and limitations are explored, respected and celebrated.

□ **Pilates Mat Fundamentals**– An introduction to the work of Joseph Pilates, this class focuses on learning these mind-body exercises proven to increase core strength, balance and flexibility.

Cardio Ballet – Gain endurance, strength, balance, and poise through a 40-minute of cardio ballet followed by 20 minutes of mat-based Pilates.

Gentle Yoga – Yoga for active older adults, yoga beginners, and those looking for a yoga class with a gentle approach. This class will educate your body on the basics of yoga flows and asanas (poses) while improving alignment and flexibility.

Slow Flow Yoga – A slower paced flow class, focusing on a particular area of the body or muscle. Class encourages proper alignment. Participants should have knowledge of the fundamentals of a yoga practice.

Nia – Enjoy an approach to fitness that addresses the whole person: mind, body, emotions and spirit. Nia is an expressive blend of martial arts, dance, yoga and more. Through a variety of dance-like routines, Nia delivers a deceptively powerful cardiovascular workout that will enhance your coordination and leave you toned, strong and energized. Enjoy delicious musical grooves from around the world, and expect to be moved!

Pilates – A series of mind-body exercises evolving from the principles of Joseph Pilates. Class strengthens the core, increases flexibility and agility.

Power Yoga – Nourish your mind, body and spirit in an invigorating “Power Yoga” workout. Poses (asanas) are sequenced together and linked with the breath to create a flow (vinyasa) of exercise. Increase strength, improve flexibility, reduce stress and bring balance into your life with this challenging class. Prior Yoga experience is strongly encouraged.

Restorative Yoga – This class is slow and meditative linking slower movements, alignment and breath work. Each pose (asana) is held in as comfortable a position as possible and held longer. This deep relaxation releases hormones that rebuild and regenerate the body. Calm the mind and body; relax and renew! Class is ideal for beginners, those returning to exercise, or for participants with minor injuries.

The Barre Class This class combines isometrics, dance conditioning and interval training to quickly firm and elongate participants' musculature. This is a targeted workout designed to increase muscle definition in the upper body, flatten the abdominal area, and lift the buttocks.

Vinyasa Flow Yoga – A challenging, invigorating practice which improves flexibility, strength and stamina. Class creatively links asanas through breath which in turn builds heat within the body. Techniques of Bandhas used.

Yoga Basics – Beginner class introducing yoga asanas (poses), flows, and the language used in many types of yoga.

Yoga for Flexibility– This all level yoga class explores the full range of yoga positions. Emphasis is placed on improving balance and flexibility in all major muscle groups. Participants are challenged physically while simultaneously achieving a meditative state.

Modifications will be made for our pre/postnatal students.



Mind/Body Classes

June 1-August 15
2010

All classes are MULTI-LEVEL and held in the Mind/Body studio unless otherwise noted. "**Plum**" denotes new class, new time, or new instructor. We will be closed on Sunday, July 4 ----- Independence Day.

MONDAY	8:30-9:25a	Gentle Yoga	Liane
	9:30-10:30a	The Barre Class	Karen
	9:35-10:45a	Power Yoga *Main Studio	Carole
	11:00-12:00p	Nia *Main Studio	Margaret
	12:05-1:05p	Yoga Basics	Wendy
	6:30-7:45p	Vinyasa Flow Yoga (Int/Adv)	Wendy
TUESDAY	8:30-9:25a	The Barre Class *Main Studio	Amy
	9:00-10:00a	Pilates Mat (Beginner- Intermediate)	Loralee
	10:05-11:05a	Cardio Ballet	Maria
	12:30-1:30p	Nia *Main Studio	Pat
	1:00-2:15p	Yoga for Flexibility/ <i>** approved for pre/postnatal participants</i>	Liza
		6:30-7:45p	Anusara Yoga
	6:45-7:45p	The Barre Class *Main Studio	Maria /Gemma
WEDNESDAY	6:00-7:15a	Vinyasa Flow Yoga	Wendy
	8:30-9:25a	Adult Ballet	Janet
	9:30-10:45a	Power Yoga	Wendy
	10:50-11:50a	The Barre Class	Carol
	11:35-12:35p	Nia *Main Studio	Margaret
	6:35-7:50p	Vinyasa Flow Yoga	Jenny
THURSDAY	8:00-8:45a	Pilates Mat Fundamentals	Liane
	9:30-10:20a	Pilates *Main Studio	Loralee
	9:00-9:55a	The Barre Class	Gemma
	9:30-10:20a	Power Pilates *Main Studio	Loralee
	10:00-10:55a	The Barre Class	Gemma
	11:30-12:45p	Restorative Yoga	Pauline/Fiona
	6:30-7:30p	The Barre Class *Main Studio	Gemma
	6:30-7:45p	Slow Flow Yoga	Liza
FRIDAY	5:45-7:00a	Vinyasa Flow Yoga	Liane
	8:30-9:25a	Pilates Mat	Janet S.
	9:30-10:25a	Adult Ballet	Janet S.
	9:40-10:50a	Power Yoga *Main Studio	Carole
	10:30-11:45a	Mindful Flow Yoga	Fiona
		<i>** approved for pre/postnatal participants</i>	
	12:00-1:00p	The Barre Class	Maria
SATURDAY	8:00-9:15a	Vinyasa Flow Yoga (Int.-Adv.)	Fiona
	9:00-9:45a	The Barre Class Express *Main Studio	Gemma
	10:00-11:15a	Anusara Yoga	Steve
SUNDAY	9:00-10:15a	Beginner Vinyasa Flow *Banquet Room	Wendy/Jenny
	10:30-11:45a	Vinyasa Flow (Advanced)	Jenny/Wendy
	11:20-12:20p	The Barre Class *Main Studio	Sue
	1:00-2:15p	Yoga for Flexibility <i>** approved for pre/postnatal participants</i>	Liza

Group Exercise Director, Lisa Hamilton
lhamilton@lfh.org
847-535-7173

www.lfhfc.com