



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.

Balletone: Standing Flow – a barefoot fusion-style conditioning program specifically for the non-dancer blending techniques drawn from dance, Pilates, and fitness. Fun and invigorating, Standing Flow keeps you moving, mentally focused with a body blast leaving no muscle untouched!

Foam Roller Workout – A total body program using the foam roller for stretching and strengthening. First, reduce muscle tension with targeted, myofascial-release exercises (deep-muscle massages). Next, build flexibility and core strength with Pilates-style roller routines.

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 asana (poses) while improving alignment and flexibility.

Hatha Yoga – A physical approach to the yoga practice connecting postures, movement and breathing.

Intro to Yoga – Be not afraid! A class designed to introduce beginners to the foundation of yoga. Emphasis on personal instruction to familiarize students with poses, breath-work and alignment. Learn how to sit, stand, breathe and perform basic asana (postures).

Mindful Flow Yoga – A slower- paced “flow” class, which focuses 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 Mat – A series of mind-body exercises evolving from the principles of Joseph Pilates. Class strengthens the core, increases flexibility and agility.

Power Pilates Mat– Enhanced Pilates mat practice for the intermediate/advanced Pilates student, Students use props such as bands, balls, and magic circles to further challenge the core. Exercises evolve from the principles of Joseph Pilates which strengthen the core, and increase 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 vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that linked to the breath.

Yoga Basics – Beginner class working on basic asana (poses), flows, and the language used in many types of yoga.

Total Body Yoga– A multi-level class incorporating breathing, balance, and limited strength work. Expect a slow and easy flow, moderate standing poses and leisurely floor stretching. This class is appropriate for both new and experienced yoga practitioners. Perfect for runners and cyclists! Modifications will be made for injuries and for our pre/postnatal students.



Mind/Body Classes

Jan. 2-March 4, 2012

All classes are MULTI-LEVEL and held in the Mind/Body studio unless otherwise noted. "*Italics*" denotes new time, class, or instructor. "***" denotes approved for pre/post natal participants.

MONDAY	6:00-7:15a 8:15-9:15 a 9:30-10:30a 9:35-10:45a 11:00-12:00p 11:15-12:15p 6:30-7:45p	Vinyasa Flow Yoga Gentle Yoga The Barre Class *Main Studio Power Yoga *Mind/Body Nia *Main Studio Yoga Basics Vinyasa Flow Yoga (Int/Adv)	Sheila Wendy Maria Carole Margaret Jenny Wendy
TUESDAY	9:00-10:00a 9:30-10:15a 10:05-11:05a 11:30-12:45p 12:35-1:35p 1:00-2:15p 5:30-6:30p 6:30-7:45p <u>7:30-8:00p</u>	Pilates Mat (Beginner- Intermediate) The Barre Class *Main Studio Balletone: Standing Flow Total Body Yoga Nia *Main Studio Restorative Yoga Pilates Mat Anusara Yoga The Barre Class *Main Studio	Loralee Amy Lesley Liza Pat Pauline Lorie Steve Gemma
WEDNESDAY	6:00-7:15a 8:30-9:25a 9:30-10:45a 10:30-11:25a 10:50-11:50a 6:35-7:50p	Vinyasa Flow Yoga Adult Ballet Power Yoga Nia *Main Studio The Barre Class Vinyasa Flow Yoga	Wendy Maria Wendy Margaret Carol Jenny
THURSDAY	8:00-9:15a 9:30-10:25a 9:35-10:25a 10:30-11:25a 11:30-12:45p <u>1:00-2:00p</u> <u>5:30-6:30p</u> 6:30-7:45p	Gentle Yoga The Barre Class Power Pilates *Main Studio Foam Roller Workout Restorative Yoga <u>Introduction to Yoga</u> <u>Pilates</u> Anusara Yoga	Fiona Gemma Loralee Liz Pauline <u>Fiona</u> <u>Lorie</u> Steve
FRIDAY	5:45-7:00a 8:00-8:55a 9:00-9:55a 10:00-11:15a	Hatha Yoga Pilates Mat Adult Ballet Vinyasa Flow Yoga	Pauline Janet S. Janet S. Fiona
SATURDAY	8:30-9:45a 10:00-11:15a <u>11:30-12:30p</u> 11:10-12:00p	Vinyasa Flow Yoga (Int./Adv.) Anusara Yoga <u>Adult Ballet</u> Barre Express	Fiona Steve <u>Maria</u> Gemma
SUNDAY	9:00-10:15a 10:30-11:45a 11:20-12:20p 1:00-2:15p	Beginner Vinyasa Flow *Banquet Room Vinyasa Flow (Advanced) The Barre Class *Main Studio Total Body Yoga	Wendy/Jenny Jenny/Wendy Gemma Liza

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