


# Wellness Class Schedule Starts April 23– June 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45 - 9:30 am Balance & Stretch	9:00 - 10:00 am Osteoporosis Class	8:45 - 9:30 am Balance & Stretch	9:00 - 10:00 am Osteoporosis Class	8:45 - 9:30 am Balance & Stretch	9:00 - 9:55 am Embodyoga®	9:10-10:30 am Intro to Ashtunga Yoga Part 2
	10:30 - 11:00 am Flexibility Challenge		10:30 - 11:00 am Flexibility Challenge	9:35-10:35 Gentle/Beginner Yoga	10:05-11:00 a.m. Pilates	
11:05-11:35 am Flexibility Challenge				11:05-11:35 am Flexibility Challenge	11:00 - 2:00 pm Kempo Karate \$\$	11:00 - 2:00 pm Kempo Karate \$\$
		11:45 - 1:00 pm Yoga for Breast Cancer Survivors				
						<b>YMCA HOURS</b>
						Monday - Thursday 5 am - 9:30 pm
5:30 - 6:30 pm Breath and Balance Yoga	5:30 - 6:30 pm Embodyoga® <b>(Wellness Center)</b>	5:30 - 6:30 pm YOGALATES No Class 4/25	5:30 - 6:30 pm Embodyoga®			Friday 5 am - 9 pm Saturdays 7am-8:30 pm
6:35- 7:30 pm Pilates	5:30-6:30 Gentle/Beginner Yoga <b>(Social Room)</b>	6:35-7:30 p.m. Iyengar Yoga	6:35-7:30 pm Intro to Ashtunga	6:30-7:30 pm Pilates No class 4/27		Starting May 26 Saturdays 7am-6:00pm
						Sundays 9 am-5 pm

Wellness Center is available for stretching whenever there are no classes

Updated 4/16

## Wellness Class Descriptions

The best way to decide on a class is to visit the various classes. Each instructor has his/her own style and therefore adds variance to the class descriptions.

The YMCA reserves the right to change instructors or eliminate without notice. A minimum average of 8 participants are needed to run the class.

**Pilates:** An intensive mat based core workout that focus on supporting the neutral spine through muscle strength, flexibility, balance and posture. Emphasis on correct breathing. Taught by a certified Pilates Instructor.

**Flexibility Challenge:** 25 minutes Stretch yourself from top to bottom and from standing to lying down.

**Balance & Stretch:** A gentle stretch class with a balance component added.  
45 Minute Class

**Embodyoga®:** for total well being! Focus, balance, and relax your body, mind & spirit. Integrates yoga and meditation techniques into a deeply fulfilling and healing practice.

**Osteoporosis Class:** Build up your bones and muscles with this new low level class, geared toward the 50 plus market. Class use light weights, bands and balls and is mostly done in a chair. FREE but miss pre-register at the Welcome Center.

**Yoga for Breast Cancer Survivors:** Gentle yoga geared toward women recovering from breast cancer. Free but must pre-register with Jayne 773-3646 ext. 448

**Intro to Ashtanga Yoga:** will learn the basics of Ashtanga Yoga (the eight limbs of yoga) in this blended (face-to-face and online) course. Ashtanga is a system of yoga that began with Pat-tabhi Jois (1915-2009). This method involves synchronizing the breath with a progressive series of postures. This process produces an internal heat and a purifying sweat that detoxifies muscles and organs. This results in improved circulation, a more balanced body, greater flexibility and a calm mind. The online portion of this course is optional, but will support your study of yoga and your exploration of the benefits of the Ashtanga practice. During this 8 week session, students will begin to study the philosophy behind the 8 limbs of practice. Anyone with internet access and an email address can access the online course.

**Yoga Breath & Balance:** a synthesis of traditional yoga with functional exercise. Improves range of motion, balance and strength. Great for peak fitness and injury prevention.

**Gentle/Beginner Yoga:** a gentle approach to integrating asana, pranayama and mediation into a deeply fulfilling yoga practice. Great for beginners or for someone looking for a gentle class.

**Iyengar Yoga** level 1 class beginners. In this class students will experience a strong introduction to Iyengar Yoga known for its foundational approach. The class will focus on fundamental yoga posture through refinement of technique. At the same time the class will be challenging in building strength, especially core strength. The idea of this Iyengar yoga class is that everyone can do yoga. It is not based on the perception of flexibility. But rather on proper form through the use of props as support creating proper technique. All experiences from no experience up are welcomed.

**Yogalates** is an ever evolving class which embraces the latest research and methodology on functional movement, back care and exercise for the core. As an exercise modality it is excellent for developing general tone and fitness, while also encouraging a connection with self to soothe the nervous system, release stress, aid relaxation and instill inner calm and overall wellbeing.