



MIND & BODY STUDIO

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Morning Yoga 6:15-7:00am Faith		Morning Yoga 6:15-7:00am Ashley			
Mat Pilates 8:45-9:30am Fallon						
	Yoga Barre Lite 9:30-10:15am Fallon	Tai Chi for Balance 9:00-10:00am Paul	Yoga Barre Lite 9:30-10:15am Carissa		Yoga Barre 9:30-10:30am Colleen	
SomaYoga 10:30-11:30am Colleen	Gentle Yoga 10:30-11:30am Fallon	Chair Yoga 10:30-11:30am Rotation	Gentle Yoga 10:30-11:30am Fallon	SomaYoga 10:30-11:30am Colleen		Gentle Yoga 10:30-11:30am Rotation
Barre 12:00-12:45pm Ashley	Yoga Barre 12:00-12:45pm Colleen	Yoga 12:00-12:45pm Colleen	Barre 12:00-12:45pm Colleen			
Restorative Yoga 1:00-2:00pm Paul	Tai Chi for Balance 1:00-2:00pm Paul	Restorative Yoga 1:00-2:00pm Paul				
Chair Yoga 2:15-3:15pm Paul						
Yin Yoga 6:15-7:00pm Chantelle	Gentle Yoga 5:15-6:00pm Lyne	Mat Pilates 5:45-6:40pm Noelle	Yoga Barre 5:15-6:00pm Fallon			
		Healing Yoga 6:50-7:30pm Deniece				

Class schedule including formats, times, and instructors subject to change without notice. Classes with low attendance will be cancelled. Updates will be posted in advance when possible. Thank you for your understanding.

Mind & Body Class Descriptions:

Barre: An invigorating complete body workout fusing yoga, ballet and Pilates to create a strong core and sculpted lean muscles. All levels are welcome!

Chair Yoga: A yoga practice in which participants are seated or use a chair to help balance and perform poses. This class is appropriate for individuals not wishing to be down on a mat as all poses will be seated or standing.

Gentle Yoga: A slower, gentler yoga class combining breath with movement using poses designed to improve strength, flexibility and balance in body, mind and spirit. Props make this practice accessible to all levels.

Healing Yoga: This class is designed to engage and educate cancer survivors in a practice to build strength, immunity, confidence, hope, recovery, and manage the treatment of side-effects. Practice includes a combination of gentle, restorative and Hatha Yoga poses which focus on healing the body through slow, deliberate movements or postures. Class is offered through Above And Beyond Cancer and is open to anyone. It is suitable for all levels and modifications are provided for every pose.

Mat Pilates: Pilates mat is a low impact, full body workout with an emphasis on alignment, breathing, core work, and improving coordination and balance. Pilates helps improve flexibility and builds functional strength and endurance in the entire body.

Morning Yoga: Gradually wake your body up while stretching and strengthening your muscles in the process. A combination of vinyasa and hatha yoga, explore sun salutations, standing poses, balancing postures, seated and reclining poses, back-bends and core isolation while focusing on breath and alignment of the posture. All levels welcome.

Restorative Yoga: A less intense yoga practice moving at a slow and steady pace. This consists of using props (blocks, blankets, straps) to support oneself in poses and the poses are held for several minutes. Restorative yoga has a special emphasis on relaxing. Most of the class is done down on a mat. Restorative yoga is appropriate for all levels.

SomaYoga: SomaYoga uses a blend of Therapeutic Yoga, Classic Postures, and Somatics. Slow, small, gentle movements lead into larger postures with increased awareness of the trunk and core to help reduce chronic tension and pain and increase movement.

Tai Chi for Balance: This program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance and its ease of use for older adults. The movements are taught to both left and right sides and with turns to move forward and backward to improve mobility and prevent falls.

Yin Yoga: Slow, meditative style of yoga cultivating stillness in the body and in the mind. Postures are mostly seated and are held for longer periods of time to allow you to move beyond muscle and into connective tissues; increasing circulation in the joints and improving flexibility. Props make this practice accessible to all levels.

Yoga Barre: Yoga class meets barre workout for the ultimate fitness experience. This intense, but easy to follow class is a total body workout combining yoga, Pilates and ballet inspired moves to target smaller muscle groups and lengthen your body. Our yoga barre class will have your muscles burning, your booty lifted and balance challenged!

Yoga Barre Lite: Yoga class meets barre workout for the ultimate fitness experience. Yoga Barre Lite is a lower intensity version of our Yoga Barre class. A total body workout combining yoga, Pilates and ballet inspired moves, all performed at a slower pace.

