YOGA ROOM - Y1 SCHEDULE

CHOICE HEALTH & FITNESS

April 23-29, 2018

	Mon | 4/23	Tues | 4/24	Wed | 4/25	Thurs | 4/26	Fri | 4/27	Sat | 4/28	Sun | 4/29
5:00 am	**Ultimate Cardio$** 5:30 - 6:00 am Chris				**Ultimate Cardio$** 5:30 - 6:00 am Chris		
6:00 am		**Yoga Flow** 6:00 - 7:00 am Alissa	**Barre Fitness $** 6:05 - 6:40 am Not running	**Yoga Flow** 6:00 - 7:00 am Alissa	**Barre Fitness $** 6:05 - 6:40 am Not running		
7:00 am							
8:00 am						**Yoga Flow** 7:45 - 8:45 am Katie Da	
9:00 am						**Move with Me $** 9:20 - 9:50 am Meghan	
10:00 am	**Gentle Yoga** 10:00 - 10:45 am Katie Du		**Gentle Yoga** 10:00 - 10:45 am Katie Da	**Chair Yoga** 10:45 - 11:30 am TBD	**Gentle Yoga** 10:00 - 10:45 am Kerri	**Jazz/Ballet** 10:00 - 10:50 am Meghan	
11:00 am	**SS Classic** 11:00 - 11:45 am Margaret		**SS Classic** 11:00 - 11:45 am Margaret			**Hip Hop $** 11:00 - 11:50 am Meghan	**Yoga Flow** 11:45 am - 12:45 pm Michael
12:00 pm	**Yoga Flow** 12:00 - 1:00 pm Katie Da		**Yoga Flow** 12:00 - 1:00 pm Steph L		**Yoga Flow** 12:00 - 1:00 pm Shauna		
1:00 pm	**Sport Yoga (G2)** 1:00 - 1:45 pm Chris		**Sport Yoga (G2)** 1:00 - 1:45 pm Chris				
2:00 pm							
3:00 pm							
4:00 pm	**Core Agility $** 4:00 – 4:30 pm Sports Training Staff **Functional Strength $** 4:30 – 5:00 pm Sports Training Staff	**Sport Yoga** 4:00 - 4:45 pm Katie Du	**Core Agility $** 4:00 – 4:30 pm Sports Training Staff **Functional Strength $** 4:30 – 5:00 pm Sports Training Staff	**Sport Yoga** 4:00 - 4:45 pm Steph L	**Jazz/Ballet $** 3:30 - 4:20 pm Meghan		
5:00 pm							
6:00 pm	**Yoga Flow** 5:30 - 6:45 pm Steph M	**Yoga Flow** 6:30 - 7:30 pm Cindy	**Yoga Flow** 5:30 - 6:45 pm Michael	**Yoga Flow** 6:30 - 7:30 pm Michael			
7:00 pm			**Intro to Yoga** 7:00 - 7:45 pm Michael				
8:00 pm							
9:00 pm							

YOGA CLASSES

Intro to Yoga: Beginner level teaching yoga basics.

Gentle Yoga: For beginners & advanced students. Focus on breathing & alignment.

Yoga Flow: Vinyasa style class focusing on strength & flexibility.

Sport Yoga: 45 minute class focusing on balancing the mind and body while strengthening and stretching muscles, working on mobility and range of motion.

Chair Yoga: Held in G2. This 45 minute class is practiced sitting in a chair for support, experiencing deep breathing and gentle stretching.

Updated April 2018

Note: $ symbol = Fee-Based Classes