

# YOGA ROOM - Y1 SCHEDULE



**CHOICE**  
HEALTH & FITNESS

**Apr. 30-May 6, 2018**

	Mon   4/30	Tues   5/1	Wed   5/2	Thurs   5/3	Fri   5/4	Sat   5/5	Sun   5/6
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	Barre Fitness \$ 6:05 - 6:40 am Not running	Yoga Flow 6:00 - 7:00 am	Barre Fitness \$ 6:05 - 6:40 am Not running		
7:00 am							
8:00 am						Yoga Flow 7:45 - 8:45 am	
9:00 am						Move with Me \$ 9:20 - 9:50 am Meghan	
10:00 am	Gentle Yoga 10:00 - 10:45 am Kerri		Gentle Yoga 10:00 - 10:45 am		Gentle Yoga 10:00 - 10:45 am	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	Chair Yoga 10:45 - 11:30 am TBD		Hip Hop \$ 11:00 - 11:50 am Meghan	
12:00 pm	Yoga Flow 12:00 - 1:00 pm Shauna		Yoga Flow 12:00 - 1:00 pm		Yoga Flow 12:00 - 1:00 pm		Yoga Flow 11:45 am - 12:45 pm
1:00 pm	Sport Yoga (G2) 1:00 - 1:45 pm Chris		Sport Yoga (G2) 1:00 - 1:45 pm Chris			<b>YOGA CLASSES</b>  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: <u>Held in G2</u> . This 45 minute class is practiced sitting in a chair for support, experiencing deep breathing and gentle stretching.	
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	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	Jazz/Ballet \$ 3:30 - 4:20 pm Meghan		
5:00 pm							
6:00 pm	Yoga Flow 5:30 - 6:45 pm Cindy		Yoga Flow 5:30 - 6:45 pm				
7:00 pm		Yoga Flow 6:30 - 7:30 pm	Intro to Yoga 7:00 - 7:45 pm	Yoga Flow 6:30 - 7:30 pm			
8:00 pm							
9:00 pm							