

# YOGA ROOM - Y1 SCHEDULE



**CHOICE**  
HEALTH & FITNESS

**April 9-15, 2018**

|          | Mon   4/9                                                                                                                       | Tues   4/10                            | Wed   4/11                                                                                                                      | Thurs   4/12                            | Fri   4/13                                        | Sat   4/14                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Sun   4/15                                |
|----------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| 5:00 am  | Ultimate Cardio\$<br>5:30 - 6:00 am<br>Chris                                                                                    |                                        |                                                                                                                                 |                                         | Ultimate Cardio\$<br>5:30 - 6:00 am<br>Chris      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                           |
| 6:00 am  |                                                                                                                                 | Yoga Flow<br>6:00 - 7:00 am<br>Alissa  | Barre Fitness \$<br>6:05 - 6:40 am<br>Not running                                                                               | Yoga Flow<br>6:00 - 7:00 am<br>Katie Du | Barre Fitness \$<br>6:05 - 6:40 am<br>Not running |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                           |
| 7:00 am  |                                                                                                                                 |                                        |                                                                                                                                 |                                         |                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                           |
| 8:00 am  |                                                                                                                                 |                                        |                                                                                                                                 |                                         |                                                   | Yoga Flow<br>7:45 - 8:45 am<br>Katie Du                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                           |
| 9:00 am  |                                                                                                                                 |                                        |                                                                                                                                 |                                         |                                                   | Move with Me \$<br>9:20 - 9:50 am<br>Meghan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                           |
| 10:00 am | Gentle Yoga<br>10:00 - 10:45 am<br>Cindy                                                                                        |                                        | Gentle Yoga<br>10:00 - 10:45 am<br>Katie Da                                                                                     |                                         | Gentle Yoga<br>10:00 - 10:45 am<br>Cindy          | Jazz/Ballet<br>10:00 - 10:50 am<br>Meghan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                           |
| 11:00 am | SS Classic<br>11:00 - 11:45 am<br>Margaret                                                                                      |                                        | SS Classic<br>11:00 - 11:45 am<br>Margaret                                                                                      | Chair Yoga<br>10:45 - 11:30 am<br>TBD   |                                                   | Hip Hop \$<br>11:00 - 11:50 am<br>Meghan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |
| 12:00 pm | Yoga Flow<br>12:00 - 1:00 pm<br>Katie Da                                                                                        |                                        | Yoga Flow<br>12:00 - 1:00 pm<br>Steph L                                                                                         |                                         | Yoga Flow<br>12:00 - 1:00 pm<br>Shauna            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Yoga Flow<br>11:45 am - 12:45 pm<br>Cindy |
| 1:00 pm  | Sport Yoga (G2)<br>1:00 - 1:45 pm<br>Chris                                                                                      |                                        | Sport Yoga (G2)<br>1:00 - 1:45 pm<br>Chris                                                                                      |                                         |                                                   | <b>YOGA CLASSES</b><br><br>Intro to Yoga: Beginner level teaching yoga basics.<br><br>Gentle Yoga: For beginners & advanced students. Focus on breathing & alignment.<br><br>Yoga Flow: Vinyasa style class focusing on strength & flexibility.<br><br>Sport Yoga: 45 minute class focusing on balancing the mind and body while strengthening and stretching muscles, working on mobility and range of motion.<br><br>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 \$<br>4:00 - 4:30 pm<br>Sports Training Staff<br>Functional Strength \$<br>4:30 - 5:00 pm<br>Sports Training Staff | Sport Yoga<br>4:00 - 4:45 pm<br>Shauna | Core Agility \$<br>4:00 - 4:30 pm<br>Sports Training Staff<br>Functional Strength \$<br>4:30 - 5:00 pm<br>Sports Training Staff | Sport Yoga<br>4:00 - 4:45 pm<br>Steph M | Jazz/Ballet \$<br>3:30 - 4:20 pm<br>Meghan        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                           |
| 5:00 pm  |                                                                                                                                 |                                        |                                                                                                                                 |                                         |                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                           |
| 6:00 pm  | Yoga Flow<br>5:30 - 6:45 pm<br>Steph M                                                                                          |                                        | Yoga Flow<br>5:30 - 6:45 pm<br>Heather                                                                                          |                                         |                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                           |
| 7:00 pm  |                                                                                                                                 | Yoga Flow<br>6:30 - 7:30 pm<br>Michael | Intro to Yoga<br>7:00 - 7:45 pm<br>Heather                                                                                      | Yoga Flow<br>6:30 - 7:30 pm<br>Michael  |                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                           |
| 8:00 pm  |                                                                                                                                 |                                        |                                                                                                                                 |                                         |                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                           |
| 9:00 pm  |                                                                                                                                 |                                        |                                                                                                                                 |                                         |                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                           |