

# YOGA ROOM - Y1 SCHEDULE



**August 27-Sept. 2, 2018**

	Mon   8/27	Tues   8/28	Wed   8/29	Thurs   8/30	Fri   8/31	Sat   9/1	Sun   9/2
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 TBD	Barre Fitness \$ 6:05 - 6:40 am Not running		
7:00 am							
8:00 am						Yoga Flow 7:45 - 8:45 am TBD	
9:00 am							
10:00 am	Gentle Yoga 10:00 - 10:45 am Kerri		Gentle Yoga 10:00 - 10:45 am Diane		Gentle Yoga 10:00 - 10:45 am Steph		
11:00 am	SS Classic 11:00 - 11:45 am Margaret		SS Classic 11:00 - 11:45 am Margaret				
12:00 pm	Yoga Flow 12:00 - 1:00 pm Diane		Yoga Flow 12:00 - 1:00 pm Steph		Yoga Flow 12:00 - 1:00 pm Alyssa		Yoga Flow 11:45 am - 12:45 pm TBD
1:00 pm						<b>YOGA CLASSES</b>  <b>Intro to Yoga:</b> Beginner level teaching yoga basics.  <b>Gentle Yoga:</b> For beginners & advanced students. Focus on breathing & alignment.  <b>Yoga Flow:</b> Vinyasa style class focusing on strength & flexibility.  <b>Sport Yoga:</b> 45 minute class focusing on balancing the mind and body while strengthening and stretching muscles, working on mobility and range of motion.  <b>Chair Yoga:</b> <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 Cindy	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			
5:00 pm							
6:00 pm	Yoga Flow 5:30 - 6:45 pm Cindy		Yoga Flow 5:30 - 6:45 pm TBD				
7:00 pm		Yoga Flow 6:30 - 7:30 pm Diane	Intro to Yoga 7:00 - 7:45 pm TBD	Yoga Flow 6:30 - 7:30 pm Alyssa			
8:00 pm							
9:00 pm							