

YOGA ROOM - Y1 SCHEDULE



CHOICE
HEALTH & FITNESS

January 8 - 14, 2018

	Mon 1/8	Tues 1/9	Wed 1/10	Thurs 1/11	Fri 1/12	Sat 1/13	Sun 1/14
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 Veronica	Yoga Flow 6:00 - 7:00 am Cindy	Barre Fitness \$ 6:05 - 6:40 am Veronica		
7:00 am							
8:00 am						Yoga Flow 7:45 - 8:45 am Chris	
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 Alyssa		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	Chair Yoga 10:45 - 11:30 am Cindy	SS Classic 11:00 - 11:45 am Margaret			Hip Hop \$ 11:00 - 11:50 am Meghan	
12:00 pm	Yoga Flow 12:00 - 1:00 pm Steph L		Yoga Flow 12:00 - 1:00 pm Katie Da		Yoga Flow 12:00 - 1:00 pm Shauna		Yoga Flow 11:45 am - 12:45 pm Kerri
1:00 pm	Sport Yoga (G2) 1:00 - 1:45 pm Chris		Sport Yoga (G2) 1:00 - 1:45 pm Chris			<h2>YOGA CLASSES</h2> <p>Intro to Yoga: Beginner level teaching yoga basics.</p> <p>Gentle Yoga: For beginners & advanced students. Focus on breathing & alignment.</p> <p>Yoga Flow: Vinyasa style class focusing on strength & flexibility.</p> <p>Sport Yoga: 45 minute class focusing on balancing the mind and body while strengthening and stretching muscles, working on mobility and range of motion.</p> <p>Chair Yoga: Held in G2. This 45 minute class is practiced sitting in a chair for support, experiencing deep breathing and gentle stretching.</p>	
2:00 pm							
3:00 pm					Jazz/Ballet \$ 3:30 - 4:20 pm Meghan		
4:00 pm	Core Agility \$ 4:00 - 4:30 pm Sports Training Staff	Sport Yoga 4:00 - 4:45 pm Shauna	Core Agility \$ 4:00 - 4:30 pm Sports Training Staff	Sport Yoga 4:00 - 4:45 pm Katie Da			
5:00 pm	Functional Strength \$ 4:30 - 5:00 pm Sports Training Staff		Functional Strength \$ 4:30 - 5:00 pm Sports Training Staff				
6:00 pm	Yoga Flow 5:30 - 6:45 pm Cindy		Yoga Flow 5:30 - 6:45 pm Michael				
7:00 pm		Yoga Flow 6:30 - 7:30 pm Michael	Intro to Yoga 7:00 - 7:45 pm Cindy	Yoga Flow 6:30 - 7:30 pm Steph M			
8:00 pm							
9:00 pm							