

YOGA ROOM - Y1 SCHEDULE



CHOICE
HEALTH & FITNESS

May 21-27, 2018

	Mon 5/21	Tues 5/22	Wed 5/23	Thurs 5/24	Fri 5/25	Sat 5/26	Sun 5/27
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 Steph M	
9:00 am						Move with Me \$ 9:20 - 9:50 am Meghan	
10:00 am	Gentle Yoga 10:00 - 10:45 am Steph L		Gentle Yoga 10:00 - 10:45 am Katie Du		Gentle Yoga 10:00 - 10:45 am Alyssa	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	
12:00 pm	Yoga Flow 12:00 - 1:00 pm Shauna		Yoga Flow 12:00 - 1:00 pm Steph L		Yoga Flow 12:00 - 1:00 pm Steph L		Yoga Flow 11:45 am - 12:45 pm Michael
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 Shauna	Jazz/Ballet \$ 3:30 - 4:20 pm Meghan		
5:00 pm							
6:00 pm	Yoga Flow 5:30 - 6:45 pm Heather		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 Michael	Yoga Flow 6:30 - 7:30 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.