

# YOGA ROOM - Y1 SCHEDULE



**October 8-14, 2018**

	Mon   10/8	Tues   10/9	Wed   10/10	Thurs   10/11	Fri   10/12	Sat   10/13	Sun   10/14
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 Not running	Yoga Flow 6:00 - 7:00 am Cindy	Barre Fitness \$ 6:05 - 6:40 am Not running		
7:00 am							
8:00 am						Yoga Flow 7:45 - 8:45 am Cindy	
9:00 am							
10:00 am	Gentle Yoga 10:00 - 10:45 am Kerri		Gentle Yoga 10:00 - 10:45 am Shauna		Gentle Yoga 10:00 - 10:45 am Cindy		
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 Steph		Yoga Flow 12:00 - 1:00 pm Steph		Yoga Flow 12:00 - 1:00 pm Shauna		Yoga Flow 11:45 am - 12:45 pm Heather
1:00 pm						<h2>YOGA CLASSES</h2> <p>Intro to Yoga: Beginner level teaching yoga basics.</p> <p>Gentle Yoga: For beginners &amp; advanced students. Focus on breathing &amp; alignment.</p> <p>Yoga Flow: Vinyasa style class focusing on strength &amp; 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: <u>Held in G2</u>. 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							
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 Shauna	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			
5:00 pm							
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 Alyssa	Intro to Yoga 7:00 - 7:45 pm Michael	Yoga Flow 6:30 - 7:30 pm Michael			
8:00 pm							
9:00 pm							