

YOGA ROOM - Y1 SCHEDULE



December 3-9th, 2018

	Mon 12/3	Tues 12/4	Wed 12/5	Thurs 12/6	Fri 12/7	Sat 12/8	Sun 12/9
5:00 am	Ultimate Cardio\$ 5:30 - 6:00 am Chris				Ultimate Cardio\$ 5:30 - 6:00 am Chris		
6:00 am		Yoga Flow 5:45 - 6:45 am Alissa	Barre Fitness \$ 6:05 - 6:40 am Not running	Yoga Flow 5:45-6:45am 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 Katie		Gentle Yoga 10:00 - 10:45 am Katie		Gentle Yoga 10:00 - 10:45 am Kerri		
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 Cindy		Yoga Flow 12:00 - 1:00 pm Shauna		Yoga Flow 11:45 am - 12:45 pm Shauna
1:00 pm						<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							
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 4:00-4:45pm Steph			
5:00 pm							
6:00 pm	Yoga Flow 5:30 - 6:45 pm Michael		Yoga Flow 5:30 - 6:45 pm Michael				
7:00 pm		Yoga Flow 6:30 - 7:30 pm Cindy	Intro to Yoga 7:00 - 7:45 pm Michael	Yoga Flow 6:30-7:30pm Michael			
8:00 pm							
9:00 pm							