

YOGA ROOM - Y1 SCHEDULE



CHOICE
HEALTH & FITNESS

August 12-18, 2019

	Mon 8/12	Tues 8/13	Wed 8/14	Thurs 8/15	Fri 8/16	Sat 8/17	Sun 8/18
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 - 6:45 am Katie	Barre Fitness \$ 6:05 - 6:40 am Not running		
7:00 am							
8:00 am						Yoga Flow 7:45 - 8:45 am CLOSED	
9:00 am							
10:00 am	Gentle Yoga 10:00 - 10:45 am Alyssa		Gentle Yoga 10:00 - 10:45 am Cindy		Gentle Yoga 10:00 - 10:45 am Alyssa		
11:00 am	SS Classic 11:00 - 11:45 am Margaret		SS Classic 11:00 - 11:45 am Margaret		Tia Chi 11:00 - 11:30 am Alyssa		
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 Tara		Yoga Flow 11:45 am - 12:45 pm CLOSED
1:00 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: <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 Katie	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 Kerri				
7:00 pm		Yoga Flow 6:30 - 7:30 pm Diane	Intro to Yoga 7:00 - 7:45 pm Heather	Yoga Flow 6:30 - 7:30 pm Tara			
8:00 pm							
9:00 pm							