

# YOGA ROOM - Y1 SCHEDULE



**CHOICE**  
HEALTH & FITNESS

**March 2-8, 2020**

	Mon   3/2	Tues   3/3	Wed   3/4	Thurs   3/5	Fri   3/6	Sat   3/7	Sun   3/8
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		Yoga Flow 5:45-6:45am Alissa			
7:00 am							
8:00 am						Yoga Flow 7:45 - 8:45 am Tara	
9:00 am							
10:00 am	Gentle Yoga 10:00 - 10:45 am Katie D		Gentle Yoga 10:00 - 10:45 am Katie D		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		Tai Chi 11:00-11:30am Alyssa		
12:00 pm	Yoga Flow 12:00 - 1:00 pm Steph		Yoga Flow 12:00 - 1:00 pm Roopa		Yoga Flow 12:00 - 1:00 pm Steph		Yoga Flow 11:45 am - 12:45 pm Tara
1:00 pm	Sport Yoga (G2) 1:00 - 1:45 pm TBD		Sport Yoga (G2) 1:00 - 1:45 pm Chris			<b>YOGA CLASSES</b>  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.	
2:00 pm							
3:00 pm							
4:00 pm	Core Agility \$ 4:00 - 4:30 pm Sports Training Staff	Sport Yoga 4:00 - 4:45 pm Steph	Core Agility \$ 4:00 - 4:30 pm Sports Training Staff	Sport Yoga 4:00-4:45pm Steph			
	Functional Strength \$ 4:30 - 5:00 pm Sports Training Staff		Functional Strength \$ 4:30 - 5:00 pm Sports Training Staff				
5:00 pm							
6:00 pm	Yoga Flow 5:30 - 6:45 pm TBD		Yoga Flow 5:30 - 6:45 pm TBD				
7:00 pm		Yoga Flow 6:30 - 7:30 pm Roopa	Intro to Yoga 7:00 - 7:45 pm Tara	Yoga Flow 6:30-7:30pm Tara			
8:00 pm							
9:00 pm							