

YOGA ROOM - Y1 SCHEDULE



CHOICE
HEALTH & FITNESS

March 9-15, 2020

	Mon 3/9	Tues 3/10	Wed 3/11	Thurs 3/12	Fri 3/13	Sat 3/14	Sun 3/15
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 TBD			
7:00 am							
8:00 am						Yoga Flow 7:45 - 8:45 am Kerri	
9:00 am							
10:00 am	Gentle Yoga 10:00 - 10:45 am Kerri		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				
12:00 pm	Yoga Flow 12:00 - 1:00 pm Katie D		Yoga Flow 12:00 - 1:00 pm Steph		Yoga Flow 12:00 - 1:00 pm Roopa		Yoga Flow 11:45 am - 12:45 pm Roopa
1:00 pm	Sport Yoga (G2) 1:00 - 1:45 pm TBD		Sport Yoga (G2) 1:00 - 1:45 pm Chris			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.	
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 Steph	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 TBD		Yoga Flow 5:30 - 6:45 pm Kerri				
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							