



# METROWEST YMCA

## Spirit, Mind & Body Room Schedule

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### February 2012 Heart Disease Awareness Month

\* Indicates that a number must be picked up at Member Service Desk to attend class.  
Highlighted boxes are paid specialty classes. For details please stop by the member service desk.

For more information on which yoga class is right for you contact Laura Gilbert, Assistant Wellness Director at 508-879-4420 ext 32 or [lgilbert@metrowestymca.org](mailto:lgilbert@metrowestymca.org)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*10:35-11:35am Pilates  Laura	*9:15-10:15am Pilates  Laura	9:30-10:30am Power Yoga Sharon Sign up required	9-10am Inspired Yoga Karen Mc. Sign up required	8-9am  Will Power Method Colleen	7:05-8am Power Yoga Michelle Sign up required	8:15-9:30am Slow Flow Yoga Daphne Sign up required
12-1pm Simply Yoga Joe Sign up required	10:30-11:30am Yoga for the Back Daphne Sign up required		12-1pm Power Yoga Michelle Sign up required	*9:15-10:15am Pilates  Kelley	*8:05-9:05am Pilates & Core Dynamics Jane	*10:05-11:05am Pilates  Leslie
*6-7pm Pilates  Jane			3:30-4:10pm Yoga Kids Karen Mc. Sign up Required	10:30-11:30am Zumba Seniors  Annette		
7:15-8:30pm Gentle Hatha Yoga Debra Sign up Required	3:30-4:15PM Zumba Kids Laura Sign up Required	3:45-4:30pm Yoga for Teens Karen Mc. Sign up Required	4:15-5pm Yoga Kids Karen Mc. Sign up Required	11:35-12:05pm Balance Class Diego Sign up Required		
	5:30-6:30pm Cardio Pump  Jane	5:30-6:15pm Zumba Kids Jill Sign up Required	5:10-6:10pm Chopra Yoga Karen M. Sign up Required	12:15-1:15pm Yoga with Compassion Kathleen Sign up Required		
		*6:40-7:40pm Pilates  Jane	6:20-7:30pm Tai Chi Level 1 Jon Sign up Required			
		7:15-8:30pm Gentle Hatha Yoga Debra Sign up Required	7:15-8:30pm Tai Chi Level 2 Lee Sign up Required			

- Participants 13yrs to 15yrs must be accompanied by a parent or guardian
- Participants must be 16yrs old to exercise independently
- Please wait for classes to end before entering for next class
- No admittance after 10minutes
- Class must have two participants to run
- Please advise your doctor before beginning an exercise routine
- Closed toe shoes must be worn in all classes except Pilates & Yoga

Schedule subject to change

<p align="center"><b><u>BALANCE CLASS</u></b></p> <p>Many seniors have a fear of falling that may restrict Activities of daily living. Come join the wellness staff and improve your balance. Class takes place in the Spirit, Mind &amp; Body room.</p>	<p align="center"><b><u>SLOW FLOW YOGA</u></b></p> <p>Come reconnect with your body and mind. Simple step by step verbal cues will allow you to enter into poses gradually working at your own pace in coordination</p>
<p align="center"><b><u>CARDIO PUMP</u></b></p> <p>Cardio intervals of different exercises to increase heart rate and train for endurance. Appropriate for all fitness levels, this class will allow you to easily adjust intensity levels to your needs.</p>	<p align="center"><b><u>CHOPRA YOGA</u></b></p> <p>Based on Deepak Chopra's best-selling book, "The Seven Spiritual Laws of Success" Chopra Yoga focuses on integration and balancing all the layers of our life. Regardless of the style you practice, whether you are new on the path of yoga or hoping to deepen your knowledge of Chopra Yoga.</p>
<p align="center"><b><u>GENTLE HATHA YOGA</u></b></p> <p>This class moves through gentle yet strengthening postures and breathing exercises so you become more centered in your body and learn to relax.</p>	<p align="center"><b><u>YOGA FOR THE BACK</u></b></p> <p>A yoga class with a set of awareness exercises to help you learn more about your back. You will practice modified yoga poses to strengthen and gently stretch the neck, shoulders, upper and lower back, hips, and knees.</p>
<p align="center"><b><u>INSPIRED YOGA</u></b></p> <p>Every level is welcome to this moderately paced vinyasa (flow) class that combines breath work, movement, balance and intention with a focus on improving strength, stability, and flexibility.</p>	<p align="center"><b><u>YOGA FOR KIDS</u></b></p> <p>This workout uses body bars, dumbbells, and a variety of other resistance training tools. Moderate and light resistance with lots of repetitions. Tone, strengthen and define every major muscle group.</p>
<p align="center"><b><u>PILATES &amp; CORE DYNAMICS</u></b></p> <p>A combination of pilates and some core standing exercises for total body control, strength, and flexibility</p>	<p align="center"><b><u>YOGA FOR TEENS</u></b></p> <p>A fun introduction to yoga. This class will focus on building strength, increasing flexibility, balance and concentration. Yoga will also help teens with stress management, decision making and acceptance, skills which will assist in all areas of their lives.</p>
<p align="center"><b><u>PILATES</u></b></p> <p>60 minutes; uses controlled movements focusing on the "core" muscles to increase total body strength and flexibility. This class is usually done in the form of mat exercises.</p>	<p align="center"><b><u>YOGA WITH COMPASSION</u></b></p> <p>This class is for anyone new to yoga, recovering from an illness, or newly diagnosed with an illness. You will be guided through breathing exercises, guided imagery and deep relaxation. If you are dealing with a sense of fear, anxiety, anger or depression this class can help. Using a chair in this class will be an option.</p>
<p align="center"><b><u>WILL POWER METHOD</u></b></p> <p>This workout is as philosophical as it is physical; A full-body functional workout using the smartest and safest barefoot training methods to strengthen your feet while progressively correcting imbalances in your ankles, knees, and hips.</p>	<p align="center"><b><u>TAI CHI</u></b></p> <p>Tai Chi is a series of slow graceful movements designed to release tension and improve energy in the body. Tai Chi unifies the mind, body and spirit with deep breathing and mindfulness practice which Promotes good health and creates a deep sense of relaxation and overall well being</p>
<p align="center"><b><u>POWER YOGA</u></b></p> <p>In this class you will learn the basics of vinyasa yoga with power movements. You will also explore more challenging postures as the session progresses. All levels welcomed as this class moves from beginning power yoga poses into intermediate poses</p>	<p align="center"><b><u>ZUMBA FOR KIDS</u></b></p> <p>Kids love to crank up the music, shake, and wiggle and have a blast with their friends. In this 45 minute class we'll get those Zumba for kids bodies moving with a fun warm-up! We'll then move from song to song with the best Zumbatomic music and routines.</p>
<p align="center"><b><u>SIMPLY YOGA</u></b></p> <p>If you have never tried yoga or are experienced in yoga this class will help you open doors to various types of yoga to help you relax and rejuvenate.</p>	<p align="center"><b><u>ZUMBA FOR SENIORS</u></b></p> <p>60 minute class of up lifting latin beats with some current hits geared to beginners and active older adults.</p>