

HELPING YOU LIVE HEALTHIER
Spirit Mind & Body Room
January 2– February 17, 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:00am Abs & Buns Annette				6:00-7:00am Yoga Laura N.	8:00-9:00am Pilates & Core Dynamics Jane ★	8:30-9:45am Hatha Yoga Ali
	9:15-10:15am Pilates with Props Annette	9:30-10:30am Power Yoga Erin	9:15-10:15am Power Yoga Laurie	9:15-10:15am Pilates Ginette	9:30-10:45am Power Yoga Cheryl	
10:00-11:00am Vinyasa Flow Erin	10:30-11:30am Gentle Yoga Erin ★		10:30-11:30am Gentle Yoga Laurie ★	11:00-11:30 am Balance Laura		
12:00-1:00pm Yoga Strength Joe				12:00-1:00pm Yoga strength Joe		
6:00-7:00pm Pilates Jane ★	5:30-6:30pm Gentle Yoga Maybeth	5:30-6:30pm Family Yoga* Amy *Guardian must be present		5:45-6:45pm Power/Vinyasa Flow Cheryl		
7:15-8:30pm Gentle Yoga Debra	7:15-8:30pm Power Yoga Cheryl	7:30-8:45pm Hatha Yoga Ali				

Group Exercise Policies

- To run the entirety of a class, minimum of 2 participants must be in attendance
- Classes with a ★ please pick up a number at the Service Desk to attend class
- Do Arrive to class within the first 10 minutes
- For the safety of the children and others, participants must be 12 y.o. or older
- Participants 12-15 must be with parent or guardian
- If new to exercise, please advise with your doctor before starting an exercise routine
- Schedule is subject to change, please keep an eye out for signage and other member communication

Cycle Room
January 2– February 16, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:15-6:15am Cycle Mala			7:15-8:00am Cycle Staff	
	9:30 - 10:30am Spin & Sculpt Mala			9:15-10:15am Spin & Sculpt Mala		8:30-9:30am Cycle Steve
	5:30-6:30pm Cycle Lauren					
7:15-8:15pm Cycle Steve		7:15-8:15pm Cycle Steve				



Abs & Buns–Exercises to strengthen your core muscles including the glutes, abductors and adductor muscle of the hips.

Balance– Encourages members to integrate stability drills with environmental obstacle navigation to improve overall functional balance.

Family Yoga– Come do yoga as a family! Looking for something new to do with your kids, bring them with you! This class provides a safe space to practice and learn yoga for all ages. Guardians are to be present with their child(ren).

Gentle Yoga–Gentle strengthening yoga postures to increase strength, balance and flexibility. Breathing techniques for better focus will be incorporated.

Pilates/Core-Dynamics– Controlled movements focusing on the core muscles to increase total body strength and flexibility. Pilates can be standing and floor exer-

Power Yoga– Yoga postures with quicker movements while synchronizing breath with each movement. More challenging postures as the session progresses.

Power-Vin– A blend of power and Vinyasa for the experienced practitioner.

Yoga Strength– A power yoga class with sequences of postures to stretch, strengthen and balance the body.

Vinyasa Flow Yoga–Vinyasa means: fluidly move through postures while synchronizing breath and movement. The class will learn to activate deep core muscles to strengthen, tone, increase flexibility and mobility of the whole body.

**Questions? Contact Leslie Schofield at
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