



SOUTH COUNTY YMCA

STUDIO ONE

JULY 1ST- AUG. 31ST 2017 (BEGINS 7/1/17)

INTENSITY LEVEL

Please note all classes can have increased or decreased intensity based on individual participation levels.

- + low (beginners)
- ++ moderate
- +++ intense
- Kids Care Available
- ⌘ Program Fee
- ◆ Call 24 Hours Ahead to Reserve Your Spot

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00			Stretch & Breathe+■ Caron (65 min.)		
8:15				Mixed Level Yoga++■ Gladys (75 min.)	
9:15	Vinyasa Flow++■◆ Level 1 Lori (75 Min.)	Yoga++■◆ Lynn (75 min.)	Funky Flow++■◆ Yoga Lori (75 Min.)		Mixed Level Yoga+■◆ Kyle (75Min)
10:15				Yoga Basic+■ Sarah (75 min)	
10:30					Meditation+■◆ Kyle
11:15	Tai Chi+■ Marcia	Chair Yoga+■ Sarah (60min) (IN THE MPR)			
12:15			Qi Gong+ Tony		Qi Gong+ Tony (NO AUG. CLASSES)
4:30		Mixed Level Yoga++■ Chris (90 min.)		Pilates++ ■ Holly	
5:30			Yoga Basic++■◆ Cheri	Restorative Yoga/Meditation++■◆ Cheri (90 min)	
6:30	Vinyasa Flow++■◆ Kayla (75 min.)	Surfset® ++■◆ Peter	Mixed Level Yoga++■◆ Lynn (75 Min.)	Meditation+■◆ Cheri (30 min.)	



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TIME	SATURDAY	SUNDAY
8:30	Tai Chi++ ■ Marcia	Pilates++ ■ Jen
9:30	Mixed Level Yoga++ ■ ◆ Gladys/Cheri (90 min)	Mixed Level Yoga++ ■ ◆ Chris (90min)
11:30		Qi Gong+ Tony

CHAIR YOGA is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

KIDS YOGA (ages 6-10 yrs.) 8 wk session (March 2, 9, 16, 23, 30 and April 6, 13, and 27th - NO CLASS on April 20th) Yoga is fun and a playful way to increase the health of our minds, bodies and spirits. Classes include movement, stories, games, music and much more! We'll practice playful breathing, fun group and partner poses and take time to rest and relax too. Yoga can improve behavior and focus, increase strength, flexibility, balance, and promote self regulation. Fun, age appropriate activities help to strengthen and support social, emotional and physical well-being and allow students to reconnect with the peace and joy inside us all. All abilities welcome, no experience necessary. Pre-registration required.

MEDITATION Reduce stress and anxiety, regulate sleep patterns, build creative thinking and problem solving. There will be time after each class for Q&A.

MIXED LEVEL YOGA is a variety of asanas (yoga poses) made accessible to most fitness levels (from beginners to advanced) by providing various posture modifications, as well as guidance to deepen the individual practice.

PILATES Focusing on core strength, this mind-body conditioning class uses stretching, strengthening, and breathing to tone muscles, increase flexibility, and improve posture.

QI GONG is translated from the Chinese to mean "energy cultivation" or "working with the life energy". This class focuses on foundation principles, such as breathing, stance and simple flowing movements.

Tai Chi - Studies show numerous health benefits from practicing 24 Form Yang style Tai Chi. Mental focus and physical fitness. Warm up includes stretch, strengthen, and balancing.

STRETCH, BREATHE & MEDITATE simple stretching exercises done standing or in a chair to awaken the energy in the body followed by pranayama techniques (breathing exercises) used to balance and calm the mind. Meditation will complete the practice with a silent meditation, healing intentions and affirmations for world peace. Appropriate for beginners and those with established meditation practice.

SLOW FLOW VINYASA In this basic level class, we will focus on learning the foundations of vinyasa (flowing yoga postures) while staying connected with the breath.. This deeply centering practice will assist in bringing greater overall harmony.

VINYASA (LEVELS 1 & 2) Restore energy, strength and balance with free flowing movements in Level 1. Take it up a notch in Level 2 with more intense poses, stretches and challenging movements! You're going to love it with Lori!

YIN YOGA is the yoga of undoing. Class consists of a series of long-held, passive floor poses that release connective tissues of the entire spine and shoulders. Deep relaxation of all connective tissue is the outcome of this class.

YOGA BASIC A gentle format of traditional yoga. A chair may be used to assist in getting on and off the floor, and also for additional support during the standing series.