



Yoga Studio
 Yoga Studio @ South County YMCA
 December 1st - December 31st

165 Broad Rock Road
 PEACE DALE, RI 02883
 (401) 783-3900

	MON	TUE	WED	THU	FRI	SAT	SUN
8am			Stretch & Slow Flow Vinyasa Caron M. 8am - 9am	Mixed Level Yoga Gladys B. 8:15am - 9:30am		Tai Chi Marcia L. 8:30am - 9:30am	Pilates Holly G. 8:30am - 9:30am
9am	Yoga/ Vinyasa Lori G. 9:15am - 10:30am	Yoga-Vinyasa Lynn A. 9:15am - 10:30am	Funky Flow Yoga Lori G. 9:15am - 10:30am		Mixed Level Yoga Kyle M. 9:15am - 10:30am	Mixed Level Yoga Kim R. 9:30am - 11am	Hatha Yoga Chris K. 9:30am - 11am
10am				Yoga/ Yoga Basic Sarah B. 10:15am - 11:45am	Meditation Kyle M. 10:30am - 11am		
11am	Tai Chi Marcia L. 11:15am - 12:15pm						Qi Gong Tony A. 11:30am - 12:30pm
12pm			Qi Gong Tony A. 12:15pm - 1:15pm		Qi Gong Tony A. 12:15pm - 1:15pm		
4pm	Stretch & Slow Flow Vinyasa Joan D. 4:30pm - 5:30pm	Hatha Yoga Joan D. 4:30pm - 6pm		Pilates Loren M. 4:30pm - 5:30pm			
5pm			Yoga/ Yoga Basic Cheri B. 5:30pm - 6:30pm	Yin Yoga Cheri B. 5:30pm - 6:30pm	Surf Set Peter P. 5:30pm - 6:30pm		
6pm	Yoga/ Vinyasa Kayla S. 6:30pm - 7:45pm	Surf Set Peter P. 6:30pm - 7:30pm	Yoga-Vinyasa Lynn A. 6:30pm - 7:45pm	Meditation Cheri B. 6:30pm - 7pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions South County YMCA

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Funky Flow Yoga - Enjoy an energetic yoga practice to a modern soundtrack. Modifications will be provided to suit your level of experience. All levels welcome! Call 24hrs in advance.

Hatha Yoga - Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind. There are nearly 200 hatha yoga postures, with hundreds of variation

Meditation - Reduce stress and anxiety, regulate sleep patterns, build creative thinking and problem solving. There will be time after each class for Q&A. Call 24hrs in advance

Mixed Level Yoga - is a variety of asanas(yoga poses) made accessible to most fitness levels by providing various posture modifications, as well as guidance to deepen the individual practice. PILATES Focusing on core strength, this mind-body. Call 24hrs in advance

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

Stretch & Slow Flow Vinyasa - In this basic level class, we will focus on lengthening, opening, and the breathe. We will be learning the foundations of vinyasa (flowing yoga postures) while staying connected with the breath.

Surf Set - Exercise on a surfboard? This class is designed to engage the core, stabilize muscles and "shock" the system to create real change both inside and out while exercising on a board. Burn fat, develop lean muscles, and push yourself. *Call 24hrs in adv.

Tai Chi - Tai Chi is meditation in motion. It improves balance, coordination, flexibility, and helps relieve stress.

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, hips and shoulders. Deep relaxation of all connective tissue is the outcome of this class!

Yoga/ Vinyasa - Restore energy, strength and balance with free flowing movements . You can take it up a notch with more intense poses, stretches and challenging movements. *Call 24hrs in advance.

Yoga/ 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