



SOUTH COUNTY YMCA

GROUP EXERCISE SCHEDULE

STUDIO ONE

SEPT. 1-NOV. 30TH 2017 (BEGINS 9/1/17)

ALL CLASSES ARE 50 MIN. UNLESS OTHERWISE STATED.

INTENSITY LEVEL

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

+ low (beginners)
 ++ moderate
 +++ intense

■ Kids Care Available
 ◆ Call 24 Hours Ahead to Reserve Your Spot

① Studio ONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00			Stretch & Slow Flow Vinyasa ++■ Caron (60min.)		
8:15				Mixed Level Yoga++■ Gladys (75 min.)	
9:15	Vinyasa Flow++■◆ Level 1 Lori (75 Min.)	Mixed Level Yoga++■◆ Lynn (75 Min.)	Funky Flow Yoga++■◆ Lori (75 Min.)		Mixed Level Yoga+■◆ Kyle (75Min)
10:15				Yoga Basic+■ Sarah (90 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
4:30	Slow Flow Vinyasa +■ Liz G.	Hatha Yoga++■ Chris (90 min.)		Pilates++■ Loren	
5:30			Yoga Basic+■ Cheri	YIN Yoga++■ Cheri (60 min)	Surfset® ++■◆ Peter
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++ ■ Holly
9:30	Mixed Level Yoga++ ■ ① Gladys/Kim R. (90 min)	Hatha Yoga++ ■ Chris (90 min)
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. **(HELD IN THE MPR)**

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! You're going to love it with Lori!

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 variations, which work to make the spine supple and to promote circulation in all the organs, glands, and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.

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.

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.. This deeply centering practice will assist in bringing greater overall harmony. Start your day by cultivating inner spaciousness and balance.

SURFSET 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 through these challenging plateaus! Taught by our own Narragansett RI Legend, Peter Pan!

TAI CHI familiarizes you with forms and movements in both the core and sub-core protocols. It assists in lowering blood pressure, improves balance, increases energy and builds muscle strength. Helps with chronic conditions including Parkinson's disease and Alzheimers. Can reduce stress, anxiety, depression and enhance a persons mood!

VINYASA FLOW Restore energy, strength and balance with free flowing movements. You can take it up a notch with more intense poses, stretches and challenging movements.

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/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.