



Yoga Studio  
 Yoga Studio @ South County YMCA  
 January 1st - March 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
8am			<b>Stretch &amp; Slow Flow Vinyasa</b> Caron M. 8am - 9am	<b>*Mixed Level Yoga</b> Gladys B. 8:15am - 9:30am		<b>Pilates</b> Holly G. 8:30am - 9:30am	
9am	<b>*Yoga / Vinyasa</b> Lori G. 9:15am - 10:30am	<b>*Yoga / Vinyasa</b> Lynn A. 9:15am - 10:30am	<b>Funky Flow Yoga</b> Lori G. 9:15am - 10:30am		<b>*Mixed Level Yoga</b> Kayla S. 9:15am - 10:30am	<b>*Mixed Level Yoga</b> Kim R. /Gladys B. 9:30am - 11am	<b>Hatha Yoga</b> Chris K. 9:30am - 11am
10am				<b>Yoga/ Yoga Basic</b> Sarah B. 10:15am - 11:45am	<b>*Meditation</b> Kayla S. 10:30am - 11am		
11am	<b>Tai Chi</b> Marcia L. 11:15am - 12:15pm		<b>Tai Chi</b> Marcia L. 11:15am - 12:15pm				<b>Qi Gong</b> Tony A. 11:30am - 12:30pm
12pm			<b>Qi Gong</b> Tony A. 12:15pm - 1:15pm		<b>Qi Gong</b> Tony A. 12:15pm - 1:15pm		
3pm	<b>*Surfing for Tweens</b> Peter P. 3pm - 4pm				<b>*Surfing for Tweens</b> Peter P. 3pm - 4pm		
4pm	<b>Stretch &amp; Slow Flow Vinyasa</b> Joan D. /Jessica A. 4:30pm - 5:15pm	<b>Hatha Yoga</b> Joan D. 4:30pm - 6pm		<b>Pilates</b> Loren M. 4:30pm - 5:30pm			
5pm			<b>Yoga/ Yoga Basic</b> Cheri B. 5:30pm - 6:30pm	<b>*Yin Yoga</b> Cheri B. 5:30pm - 6:30pm	<b>*Surf Set</b> Peter P. 5:30pm - 6:30pm		
6pm	<b>*Yoga / Vinyasa</b> Kayla S. 6:30pm - 7:45pm	<b>*Surf Set</b> Peter P. 6:30pm - 7:30pm	<b>*Yoga / Vinyasa</b> Lynn A. 6:30pm - 7:45pm	<b>*Meditation</b> 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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- \*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** - \*This 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 adv.
- \*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.
- \*Surfing for Tweens** - \*A strength and conditioning class that includes, core, balance and techniques of surfing for your tween. Equipment is provided. Wear proper attire to workout and move! \$ Registration is required by parent/guardian.
- \*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! Call 24hrs in adv.
- \*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.
- 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
- 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.
- Tai Chi** - Tai Chi is meditation in motion. It improves balance, coordination, flexibility, and helps relieve stress.
- 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