



# SOUTH COUNTY YMCA

## GROUP EXERCISE SCHEDULE

### STUDIO ONE

**JAN.2-MARCH 31<sup>ST</sup> (BEGINS 1/2/17)**

**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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15		Stretch & Breathe Yoga+■ Caron	Stretch & Breathe Yoga+■ Caron	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)
10:30					Meditation+◆■ Kyle
11:15	Tai Chi+■ Marcia	Chair Yoga+■ Sarah (60min)		Yoga Basic+■ Sarah (90 min)	
12:15			Qi Gong+ Tony		Qi Gong+ Tony
4:30	Slow Flow Vinyasa +■ Sarah (75 Min.)	YogaBlend++■ MJ (75 Min.)	Tai Chi+■ Marcia	Pilates++■ Holly	
5:30			Yoga Basic++■ Cheri	YIN Yoga++■ MJ (60 min)	
6:30	Vinyasa Flow++■ Kim (75 Min.)	Surfset® ++◆■ Pete	Mixed Level Yoga++■ Lynn (75 Min.)	Meditation+■ MJ (30 min.)	



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TIME	SATURDAY	SUNDAY
8:30	Pilates++■ Holly	Pilates++■ Jen
9:30	Mixed Level Yoga++◆■ Gladys/Cheri (75-90 min)	Mixed Level 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.

**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!

**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 & BREATHE** IA gentle all-levels class that focuses on lengthening, opening, and the breathe. Start your day by cultivating inner spaciousness and balance.

**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 .

**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** helping adults improve and increase their confidence in doing everyday activities. You will get familiar with forms and movements in both the core and sub-core protocols.

**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.

**YOGABLEND** A combination of Pilates exercises to strengthen, yoga-inspired postures to lengthen and tone muscle groups and standing routines for stability and balance. This class is a perfect introduction to a yoga-curious student while also supporting the practiced yogi by focusing on body awareness and deep conditioning.