YOGA Schedule
November

Nov. 2nd – Nov. 28th



Please Join Us & Try A Class!
Yoga Classes Are Included in Membership/$5 Drop-In Fee Non-Members

Jessica Stalvey, Fitness Coordinator
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Monday

8:00am-8:50am
Somatic Stretch Yoga
Pam R. –
11/2 & 11/9
Annex Building

8:00am-8:50 am
Yin Yoga
Pam R.-
11/16 & 11/23
Annex Building

9:00am-9:45am
Mat Pilates
Pam R.
Annex Building

10:00am-10:55am
Gentle Vinyasa Flow Yoga
Pam R.
Annex Building

Tuesday

8:00am-8:50am
Sculpt-N-Flow Yoga
Lisa
Annex Building
No Class 11/3

11:15am-12:00pm
Chair Yoga
Briggette
Fitness Room
No Class 11/3

Wednesday

7:00am-7:45am
Core & Balance
Kimberly
Annex Building
No Class 11/11

8:00am-8:50am
Wednesday Morning Gentle Yoga
Kimberly-
11/4 & 11/18
Linda C. –
11/25
Annex Building
No Class 11/11

10:00am-10:50am
Gentle Vinyasa Flow Yoga
Pam R.
Annex Building
No Class 11/11

4:30PM-5:15PM
Beginner's Mat Pilates
Pam R.
Fitness Room
No Class 11/11 & 11/25

5:30pm-6:15pm
Slow Flow
Pam R.
Fitness Room
No Class 11/11 & 11/25

6:25pm-7:00pm
Restorative
Pam R.
Fitness Room
No Class 11/11 & 11/25

Thursday

7:00am -7:45am
Core & Balance
Linda C. –
11/5 & 11/19
Kimberly-
11/12
Annex Building
No Class 11/26

8:00am-8:50am
Vigorous Yoga
Evita– 11/12
Linda C.- 11/5 & 11/19
Annex Building
No Class 11/26

11:15am-12:00pm
Chair Yoga
Brigette
Fitness Room
No Class 11/26

Friday

8:00am-8:50am
Instructor Choice
Kimberly
Annex Building
No Class 11/27

9:05am-9:55am
Yogalates
Autumn
Pam R.
11/13
Fitness Room
No Class 11/27

Saturday

Saturday Instructor Choice Yoga
10:35am-11:25am
Fitness Room
Pam R.
11/7 & 11/21
Annex Building
11/14 & 11/28
Fitness Room

11:30am- 12:10PM
Mat Pilates
Fitness Room
Pam R.
11/7
Annex Building
11/14 & 11/28
Fitness Room





Please Note That A New Location Is Listed For Classes. This Area Is The Annex Area Of The Complex Formerly Known As The Senior Center!

Yoga Class Descriptions

Beginner's mat Pilates: is a low-impact, full-body workout performed on a mat using body weight for resistance, focusing on controlled movements to build core strength, improve flexibility, and enhance body awareness. It teaches fundamental principles of Pilates like breathing, control, and centering, making it an accessible starting point for people of all fitness levels to develop a strong foundation for better posture, balance, and coordination

Core & Balance: is a **low-impact, all-levels-friendly group fitness class** designed to strengthen your core muscles — not just your abs — and improve overall balance, flexibility, and stability

Gentle Vinyasa Flow Yoga: Gentle Vinyasa is a type of yoga that combines the flowing movements of Vinyasa Yoga with a slower and an easier pace when compared to a typical Vinyasa Flow class. It's a good option for beginners, or those interested in a step above Gentle Yoga. Transitions from sitting to standing poses will be taught on a mat at beginning/ intermediate level Participants can expect a flowing pace that is meditative and emphasizes peace and calm.

Slow Flow Yoga : Join us for tis ultimate relaxation yoga experience! Class will work through 5 basic poses very gently accompanied with mindfulness practices ! Expect all matt work with no standing positions or transitions. .* Personal blankets and pillows are encouraged*

Somatic Yoga : Somatic yoga's focus on gentle, mindful movements can help to increase joint mobility, muscle flexibility, and overall physical strength.

Wednesday/Thursday: Wednesday morning Yoga @ 8am is devoted to gentle style poses with easy transitions all work will be done on the floor using Yoga Mats☺ Thursday morning routines will be more vigorous implementing Vinyassa Flow sequences accompanied with deep breathing exercises.

Yoga Stretch: This is a perfect way to unwind with gentle stretches for the entire body accompanied with basic Yoga poses to enhance flexibility!

Yoga "Chair" Gentle yoga poses from a chair position. Great opportunity for those who want to avoid having to get down on the floor.

Yogalates: This Class focuses on basic Pilates principles & Yoga techniques that strengthen core muscles, increase flexibility, improve breath control and correct alignment to improve posture. Simple choreography and clear instruction makes this class accessible to both beginners that haven't exercised in years or people who exercise regularly.

Yin Yoga : It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians. This is contrast to a Yang yoga practice such as Vinyasa yoga which targets the muscles.