

YOGA Schedule

September 2024

Sept. 2nd - Sept. 28th



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



Jessica Stalvey, Fitness Coordinator
 jstalvey@conwaysc.gov/843/488-7685

Monday

REGISTER
 10:00am-10:55am
Gentle Vinyasa Flow
 Yoga
 Pam R.
 Fitness Room

6:15pm-6:55pm
Yoga Stretch
 Amy
 Fitness Room

Tuesday

REGISTER
 11:10am-12:00pm
Chair Yoga
 Brigitte
 Fitness Room

5:15pm-6:00pm
Circl Mobility Demos
 Marissa
 Fitness Room
 Class Held
 9/24

Wednesday

REGISTER
 8:00am-8:50am
Wednesday
Morning Gentle
Yoga
 Evita-9/4, & 9/18
 Jessica - 9/11
 Linda C.-
 9/25
 Fitness Room

REGISTER
 10:00am-10:50am
Gentle Vinyasa Flow
Yoga
 Pam R.
 Fitness Room

5:00pm-5:50pm
Introduction To Yoga
 Pam R.
 9/11 & 9/25 Only
 Fitness Room

Thursday

REGISTER
 8:00am-8:50am
Vigorous Yoga
 Evita -9/5, & 9/19
 Pam R. -
 9/12, & 9/26
 Fitness Room

REGISTER
 11:10am-12:00pm
Chair Yoga
 Brigitte
 Fitness Room

6:35pm-7:35pm
Yin/Restorative
 Pam R.
 Fitness Room

Friday

REGISTER
 8:00am-9:00am
Yogalates
 Autumn
 Fitness Room

Saturday

REGISTER
 10:30am-11:25am
Saturday Instructor
Choice Yoga
Fitness Room
 Pam R.
 9/7, 9/14, 9/21, & 9/28



Yoga Class Descriptions



This class will unlock your body's potential through flexibility, breathwork, and mobility exercises. Based on the cutting-edge science of functional movement, you'll release physical restrictions, restore your full range of motion, and renew your core capabilities so you can move better, longer!

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.

Restorative 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*

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.