



# YOGA Schedule

## August 2024

### August 3<sup>rd</sup> - August 31<sup>st</sup>

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

**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  
Brigette  
Fitness Room

5:15pm-6:00pm  
Circl Mobility Demos  
Marissa  
Fitness Room  
**Class Held**  
8/27

### Wednesday

**REGISTER**  
8:00am-8:50am  
Wednesday  
Morning Gentle  
Yoga  
Evita-8/7  
Linda C.-  
8/14 & 8/21  
Jessica - 8/28  
Fitness Room

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

5:00pm-5:50pm  
Introduction To Yoga  
Pam R.  
8/14 & 8/21 Only  
Fitness Room

### Thursday

**REGISTER**  
8:00am-8:50am  
Vigorous Yoga  
Evita -8/8  
Pam R. -  
8/15, 8/22, & 8/29  
Fitness Room

**REGISTER**  
11:10am-12:00pm  
Chair Yoga  
Brigette  
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.  
8/10, 8/17, 8/24, & 8/31



# Yoga Class Descriptions

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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.