

# YOGA Schedule

## January

Jan. 3rd-31st

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.  
Class Only  
1/5 & 1/12  
Fitness Room



8:00am-8:50 am  
Instructor Choice

Pam R.-  
Class Only  
1/26  
Fitness Room



9:00am-9:45am  
Beginner's Mat Pilates

Pam R.  
No Class 1/19  
Fitness Room



10:00am-10:55am  
Gentle Vinyasa

Flow Yoga  
Pam R.  
No Class 1/19  
Fitness Room



6:15pm-6:55pm  
Yoga Stretch

Amy  
No Class 1/12 & 1/19  
Fitness Room



### Tuesday

8:00am-8:50am  
Power Flow Yoga

Lisa  
Fitness Room



11:10am-12:00pm  
Chair Yoga

Brigette  
Fitness Room



### Wednesday

8:00am-8:50am  
Wednesday Morning Gentle

Yoga  
Evita- 7th  
Linda C.-  
1/14, 1/21, & 1/28  
Fitness Room



10:00am-10:50am  
Gentle Vinyasa Flow

Yoga  
Pam R.  
Fitness Room



4:30pm-5:15pm  
Beginner's Mat Pilates

Pam R.  
Fitness Room

### Thursday

8:00am-8:50am  
Vigorous Yoga

Evita-  
1/8 & 1/22  
Fitness Room



8:00am-8:50am  
Gentle Yoga

Janeen-  
15th & 29th  
Fitness Room



### Friday

8:00am-8:50am  
Instructor Choice

Yoga  
Kimberly  
Fitness Room



9:00am-9:50am  
Yogalates

Autumn  
Pam R- 1/23  
Fitness Room



### Saturday

10:35am-11:35am  
Saturday Instructor

Choice Yoga  
Fitness Room  
Pam R.-  
1/3, 1/10& 1/17



Beginner's Mat

Pilates  
Fitness Room  
Pam R.

1/24 & 1/31



YOGALATES

# 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

**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.

**Power Flow Yoga:** a vigorous, athletic style of yoga that links breath with continuous movement, creating a dynamic, flowing workout similar to Vinyasa but often more intense, focusing on building strength, stamina, and heat by moving quickly through poses like Sun Salutations, Warriors, and incorporating elements of fitness like core work and calisthenics.

**Slow Flow Yoga :** Join us for this ultimate relaxation yoga experience! Class will work through 5 basic poses very gently accompanied with mindfulness practices ! Expect all mat 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 Vinyasa 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.