

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
jstalvey@conwaysc.gov/843/488-7685



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

5:30pm-6:15pm

Slow Flow

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

11:10am-12:00pm

Chair Yoga

Brigette

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 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.