

YOGA Schedule September 2023

Sept. 2nd-Sept. 30th



September Is National
Yoga Month!
Please Join Us & Try A Class!



Jessica Stalvey, Fitness Coordinator
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Monday Tuesday Wednesday Thursday Friday

10:00am-10:55am **REGISTER**
Gentle Yoga
Pam R.
Fitness Room
No Class 9/4

11:10am-12:00pm **REGISTER**
Chair Yoga
Brigitte/Dee

8:00am-9:30am **REGISTER**
Wednesday Morning
Gentle Yoga
Emily
New Location
5th & Main
Downtown Conway

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

8:00am-9:30am **REGISTER**
Friday Morning
Vigorous Yoga
Emily
New Location
5th & Main
Downtown Conway

6:00pm-6:45pm
Yoga Stretch
Amy
Fitness Room
No Class 9/4

5:15pm-6:00pm
Circl Mobility Demos
Marissa
Fitness Room
Class Held Only
9/5, 9/12, & 9/19

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

5:30pm-6:30pm **REGISTER**
Yoga Workshop
Kimberly
Fitness Room
Class Will Include
Instruction On Sun
Salutation A
Class Held Only
9/29

5:00pm-6:00pm **REGISTER**
Yin Yoga
Pam R.
Fitness Room

6:05pm-7:00pm **REGISTER**
Restorative Yoga
Pam R.
Fitness Room

6:35pm-7:35pm **REGISTER**
Yoga Workshop
Kimberly
Fitness Room
Class Will Include
Instruction On
Chaturanga
Class Held Only
9/7 & 9/21

Saturday

8:45am-9:15am **REGISTER**
CIRCL Demo Class
Marissa
Fitness Room
Class Held 9/2 Only.

9:25am-10:15am **REGISTER**
Yogalates
Autumn
Fitness Room
Class Only
9/9, 9/16, & 9/30

10:25am-11:25am **REGISTER**
Kundalini Yoga
Workshop
Pam R.



**Please Note That There Will
Be NO Scheduled Classes On
Monday September 4th In
Observance Of The Labor
Day Holiday !**

Yoga Class Descriptions

CIRCU Demo Classes MOBILITY™

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!

Monday/Wednesday /Friday Morning Yoga : Wednesday morning Yoga @ 8am/10am is devoted to gentle style poses with easy transitions all work will be done on the floor using Yoga Mats 😊 Friday routines will be more vigorous implementing Vinyasa Flow sequences accompanied with deep breathing exercises.

Kundalini yoga Workshops : This series of classes follows up with the Chakra system. All are welcome to experience this energy that is said to be located at the base of the spine. It typically involves chanting, singing, breathing exercises, repetitive poses and meditation. Our class will focus on breathing, repetitive poses and meditation.

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*

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.