

# YOGA Schedule

## November 2023

Nov. 4<sup>th</sup> - Dec. 1<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

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

REGISTER

### Tuesday

11:10am-12:00pm  
Chair Yoga  
Brigette/Dee

REGISTER

Give  
Thanks



5:15pm-6:00pm  
Circl Mobility Demos  
Marissa  
Fitness Room  
Class Held  
11/7 Only

### Wednesday

8:00am-9:00am  
Wednesday Morning  
Gentle Yoga  
Pam R. /Jessica  
No Class 11/22

REGISTER

\*New Location\*  
5<sup>th</sup> & Main  
Downtown Conway

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

REGISTER



### Thursday

11:10am-12:00pm  
Chair Yoga  
Brigette/Dee  
Fitness Room

REGISTER



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

REGISTER

### Friday

8:00am-9:30am  
Friday Morning  
Vigorous Yoga  
Evita  
Fitness Room

REGISTER

Class Will Be Held  
11/3, 11/17, & 12/1  
Only

Give  
Thanks



### Saturday

10:25am-11:25am  
Saturday Yoga  
Fitness Room  
Pam R.  
11/4 & 11/18 Only



# YOGALATES

# CIRCL

MOBILITY™

# 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.