

YOGA Schedule

April 2024

April 1st - May 3rd



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

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

Tuesday

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

Wednesday

REGISTER
8:00am-8:50am
Wednesday Morning Gentle Yoga
Evita -4/3 & 4/17
Linda- 4/10 & 4/24

Fitness Room

Thursday

REGISTER
8:00am-8:50am
Vigorous Yoga
Evita - 4/4 & 4/18
Pam- 4/11
Linda- 4/25

Fitness Room

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

Friday

REGISTER
8:00am-9:00am
Yogalates
Autumn
Fitness Room
No Class 4/5 & 4/26



6:00pm-6:45pm
Yoga Stretch
Amy
Fitness Room

5:15pm-6:00pm
Circl Mobility Demos
Marissa
Fitness Room
Class Held
4/30 Only

Saturday

10:30am-11:25am

Saturday Yoga
Fitness Room
Pam R.
4/13 Only

Yogalates
Fitness Room
Autumn
4/20 Only



YOGALATES

CIRCL
MOBILITY™



Yoga Class Descriptions



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 : 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 Vinyassa Flow sequences accompanied with deep breathing exercises.

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.