

STUDIO B SCHEDULE

(effective 6/5/17)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-7:00 AM Sunrise Yoga Mariah		6:00-7:00 AM Sunrise Yoga Cathy		
	8:00-9:00 AM Morning Flow Yoga Jessie	8:00-9:00 AM Fusion Flow Cathy	8:00-9:00 AM Gentle Yoga Laurie	8:00-9:00 AM Fusion Flow LeAnna	8:00-9:00 AM Morning Flow Yoga Jessie	
	9:15-10:15 AM Mindful Movement Flow Anna	9:15-10:00 AM Qigong Michael	9:15-10:15 AM Movement & Meditation Anna			9:00-10:00 AM Power Flow I LeAnna
						10:15-11:15 AM Slow Flow Daina
	12:00-12:45 PM Pilates Mat Cathy	11:30-12:30 PM Yoga Flow Joanna	12:00-12:45 PM Pilates Mat Cathy	11:30-12:30 PM Yoga Flow Laurie		
6:00-7:00 PM Candlelight Yoga LeAnna	5:15-6:15 PM Power Flow I Cathy	5:15-6:15 PM Power Flow I LeAnna	5:15-6:15 PM Power Flow I Jason	5:15-6:00 PM Qigong Michael		
	6:30-7:30 PM Restorative Yoga Jason	6:30-7:30 PM Slow Flow LeAnna	6:30-7:30 PM Slow Flow Clara	6:30-7:30 PM Power Flow I Clara		

CYCLE STUDIO SCHEDULE

(effective 6/5/17)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:45 AM Group Cycle Rachel			6:00-6:45 AM Cycle/Strength Deb		
	8:00-9:00 AM Group Cycle Dana A/Sarah		8:00-9:00 AM Group Cycle Dana A			
						9:00-10:00 AM Cycle/Strength Daina O
		12:00-12:30 PM H.I.I.T. Cycle Klm		12:00-12:30 PM H.I.I.T. Cycle Klm		
	4:30-5:15 PM Group Cycle Kim			4:30-5:15 PM Group Cycle Nicole		
		5:30-6:15 PM Group Cycle Caryn				

**Schedules are subject to change at any time. For the most up to date schedule visit: SCYMCA.org

Gentle Yoga - This class emphasizes the mind-body connection and moves at a pace that allows students to explore and decide how much to do. We focus on range of movement, alignment, strengthening, stretching, awareness, breathing, and relaxation. The class is appropriate for students of all ages – beginners, as well as more experienced students seeking a slower, mindful practice that will leave them both relaxed and energized. *Accessible to beginner students.*

Pilates Mat – Pilates mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels. Students learn to be aware of breathing patterns and spinal alignment while engaging deep muscles of the core. Props are used to enhance and intensify the workout. All levels welcome.

Power Flow Yoga – A yoga class designed to build strength and stamina along with flexibility by taking our traditional poses and flowing them together. Connecting breath to movement.

Power Flow Yoga I – *moderately paced flow style with heat.* This class will ignite your inner fire as you work from the core to improve posture integrity through smooth, choreographed progressions that connect breath to movement. - *previous yoga experience favorable*

Fusion Flow - static and flow postures - This class will meet you where you're at on your yoga journey, offering poses that you can take to the edge and beyond to improve strength, flexibility, and balance. - *previous yoga experience favorable*

Restorative Yoga – A relaxing style of yoga that is intended to be healing and nurturing for the body.

Morning Yoga Flow - Sweat, breathe, go with the flow! This fun, flowing sequence of yoga poses links breath and movement together. The class will incorporate breath work and postures to increase the body's alignment, strength and flexibility. General flow will begin with various sun salutes and flow into standing poses, ending with floor exercises and final relaxation.

Sunrise Yoga – This class will be based on the traditional foundations of Vinyasa Yoga which are: steadiness, comfort, breath and unwavering focus on breath. This dynamically flowing practice synchronizes postures with the breath. It is a swift moving, theme-based class with sun salutations; standing asanas; twists; balances; core strengthening postures; backbends and inversions and a long rest at the end. You can expect work towards strong, more complex postures in this class. Please note: This class is not recommended for beginners.

Slow Flow – Release the stress of your day with this slow flow Vinyasa class. Experience a slower pace and longer holds so you can work deeper into poses. This practice will leave you feeling centered, refreshed and revitalized.

Mindful Movement Flow – A focus on the breath as fuel for movements. Meditation in motion and stringing together simple movements to create a powerful asana (flow). Some challenging poses with a contemplative mindset.

Movement & Meditation – Helpful techniques for preparing the body and mind for meditation. Mindful movement flow at the beginning of class culminating in meditation.

Qigong (*pronounced Chee-gung*) – is an integration of physical postures, breathing techniques and focused intentions. Adding mindful intent and breathing techniques to physical movements.

Cycle/Strength – Intervals of Cardio on the bike with strength work using dumbbells, resistance tubing and bars.