

### STUDIO B SCHEDULE

(effective 9/5/17)

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/II LeAnna
						10:15-11:15 AM Slow Flow Daina/LeAnna
	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		
	5:30-6:30 PM Power Flow I Cathy	5:30-6:30 PM Slow Flow LeAnna	5:30-6:30 PM Power Flow I Jason	5:30-6:30 PM Qigong Michael		
6:00-6:20 PM Mini Postures Workshop LeAnna						
6:30-7:30 PM Candlelight Yoga LeAnna	6:45-7:45 PM Restorative Yoga Jason	6:45-7:45 PM Power Flow I LeAnna	6:45-7:45 PM Slow Flow Clara	6:45-7:45PM Power Flow I Clara		

### CYCLE STUDIO SCHEDULE

(effective 9/5/17)

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/Cathy		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 KIm		12:00-12:30 PM H.I.I.T. Cycle KIm		
	4:30-5:15 PM Group Cycle Kim			4:30-5:15 PM Group Cycle Nicole		
		5:30-6:15 PM Group Cycle Caryn			5:30-6:30pm Group Cycle Sarah	

\*\*Schedules are subject to change at any time. For the most up to date schedule visit: [SCYMCA.org](http://SCYMCA.org)

**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. *All levels welcome*

**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. This has sun salutations; standing asanas; twists; balances; core strengthening postures; backbends and inversions.

**Fusion Flow - static and flow postures** - This class will offer poses rooted in proper alignment that you can take to the edge and beyond. Enjoy spirited flow transitions from one long-held balance and power pose to the next to improve endurance, strength, and flexibility. Props may be incorporated throughout to assist in your practice. *All levels welcome*

**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 and levels.

**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*

**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.

**Slow Flow** – *gently paced breath-to-movement flow postures: accessible to beginner students*

This class consists of foundation-building poses that will ease you into the discovery of your body's potential by challenging the muscles and deepening the breath. You can expect to use the teacher for a visual guide and hands-on assists.

**Candlelight Flow** – This class puts meditation into motion as you let go of what was and welcome in what is to come. Alleviate excess stress and tension through restorative floor poses while fostering strength and flexibility by way of mindful balance postures integrated into a peaceful flow. Modification variations and props are incorporated throughout.

**Mini Posture Workshop** - *a yoga posture workshop excellent for beginners, and mind-blowing for seasoned practitioners*

This workshop breaks down, in easy-to-understand language, the anatomical perspective of a different yoga pose each week and will support the evolution of your practice. Learn the why behind the what to safely execute postures to their fullest expression, not only for your body's physical benefit, but for the mind and spirit as well. Questions will be welcomed and you can anticipate one-on-one attention with hands-on adjustments.

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

**Power Flow Yoga I** – This class will ignite your inner fire as you work from the core through smooth, choreographed progressions that sync breath and movement. A foundation of common poses is imperative as focus moves beyond the basics and toward fine-tuning adjustments through verbal cues that will take your practice to the next level. Props may be incorporated throughout to assist with growing a deeper practice.

**Power Flow Yoga I/II** – *Introduction to challenging arm balances, inversions, and flow postures – yoga experience essential*

This class will inspire you to explore your own personal power through rejuvenating breath control and intentional movement to infuse your body, mind, and spirit. Props may be incorporated throughout to assist with the expansion of your body's ability to grow deeper in the practice.

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