

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Active Yoga</u> (Vinyasa)					5:45-7:00pm Multilevel		
<u>Adult Yoga</u>	6:35-7:35pm Intermediate	10:30-11:45am Multi Level	5:30-6:30pm Multi Level	10:30-11:45am Beginner 5:30-6:30pm Multilevel			
<u>Gentle WholyFit®</u>			1:15-2:15pm Beginner				
<u>Gentle Yoga</u>	1:15-2:15pm Beginner	4:30-5:30pm Beginner					
<u>Yoga Tune Up®</u>					1:00-2:15pm Multilevel		
<u>Soft Flow Yoga</u>							3-4:30pm Beginner/ Multi Level
<u>Teen Yoga</u> 12-14 years		3:30-4:15pm					
<u>Yoga Bugs</u> 3-6 years					10:30-11am Beginner		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



YOGA

making you stronger

from the inside out.

CLASS DESCRIPTIONS

Active Yoga: Recommended for participants familiar with Yoga terminology and poses. This class powerfully connects poses together with breath to create strength, balance, and flexibility commonly called the **Vinyasa** style of Yoga.

Saturday Yoga: Various yoga styles including: **Stretch, Breathe & Imagery**- a gentle style of yoga, **Hatha**, **Laughter Yoga** - a blend of playful, empowering "tension-releasing" simple laughter exercises with yogic breathing. We also offer **Afro Rhythms** Yoga created by one of our instructors in which the beginning portion of class is a warm up practiced to recorded Cuban/Brazilian/Salsa music and incorporates a theme such as: confidence, being kind to yourself, etc. which is carried through class and incorporated into the poses.

Gentle WholyFit: **Beginners** utilize poses & breath to quiet the heart, renew the mind, regenerate the spirit and gain a powerful body. Enhance flexibility, strength and relaxation.

Gentle Yoga: **Beginners** welcome. This calming yoga style includes comfortable & fundamental yoga movements done at a slower pace.

Soft Flow Yoga: **Beginners** welcome. Familiarizes participants with some Yoga postures & terminology

Yoga: **All levels** of participant welcome. These classes are based on the Hatha Yoga style creating balance & strength through breath & postures opening the body and heart. **Hatha** comes from the words: Ha=sun Tha=moon (balance) and also means forceful (strength)

Yoga Bugs (ages 3-6) stimulate your child's imagination, their natural flexibility and teach breathing & relaxation through song, stories & basic yoga postures

CLASS SCHEDULE ON REVERSE OF FLYER

All classes held in Group Exercise room unless otherwise noted.

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The YMCA is a not-for-profit, community organization. Financial assistance is available