

## February 2010 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00-7:10 AM			Body Pumping w/ Rosemary		Body Pumping w/ Rosemary	Thai Yoga Massage Workshop Saturday, February 13 4-6 p.m. with Katherine Nelson See newsletter for details! <u>Prenatal Yoga Workshop</u> with Courtney <u>Saturday, Feb. 20th 1-2:30 p.m.</u>		
6:45-7:45 AM		Mobility w/Karen						
7:15-8:15 AM					Mobility w/Karen			
8:30-9:15 AM	Spinning w/Katherine		Spinning w/Katherine		Spinning w/Katherine			
8:30-9:30 AM		Mat Pilates Intermediate		Mat Pilates Intermediate				
9:30-10:45 AM	Yoga w/Katherine		Yoga w/Katherine		Yoga w/AJ			
10:30-11:15 AM		Senior Weights w/Donna		Senior Weights w/Donna		Senior Weights w/Jennifer		
11:30-12:30 PM	Infant and Toddler childcare available Monday/Wednesday/Friday: 8:30-11:30 a.m. Tuesday/Thursday: 8:30-10:30 a.m. \$2.00/hour. One hour minimum.			Mobility w/Karen				
3:00-3:45 PM								Zumba w/Tabitha
4:00-5:00 PM							Mobility w/Karen	
4:00-5:10 PM								Body Pumping w/ Rosemary
4:30-5:15 PM				Mat Pilates Beginner		Mat Pilates Beginner		
4:30-5:30 PM		Body Sculpting w/ Katherine	Please arrive 5 min. early for Body Sculpting to set up!	Body Sculpting w/ Katherine				
5:45- 6:30 PM		Spinning w/Katherine		Spinning w/Katherine				
5:30- 6:45 PM					Hatha Yoga w/AJ		Gentle Yoga w/AJ	
5:45-6:45 PM		Yoga w/Courtney	Yoga for Low Back and Hip Health	Mobility w/Karen				
5:45-7:00 PM	Restorative Yoga w/Katherine							
7:00-8:00 PM			Mobility w/Karen					

**Body Pumping w/Rosemary:** Barbell class that builds muscle and strength. One body part for each song!

**Body Sculpting w/Katherine:** Resistance training designed to burn calories and tone the entire body.

**Gentle Yoga w/AJ:** A calming practice for restoring the mind and body. All levels welcome.

**Hatha Yoga w/AJ:** Beginner friendly yoga class with focus on alignment and flexibility.

**Low Back & Hip Yoga :** A core strengthening asana practice designed to reduced pain and improve health in the lumbopelvic region of the spine.

**Mat Pilates:** Series of classical mat Pilates exercises with focus on precision and control. Strengthening and lengthening from the inside out.

**Mobility w/Karen Briner:** Reduce physical limitations through basic posture therapy techniques. Must be able to get up and down from floor with ease.

**Restorative Yoga:** Often referred to as "active relaxation", the body is supported with props to relieve the effects of chronic stress and tension.

**Senior Weights:** Chair based resistance training for the entire body. Excellent for beginners as well!

**Spinning:** Group cycling at it's best. Burn calories and strengthen the heart in a fun, safe, low- impact class.

**Yoga w/ Courtney:** Beginner friendly format designed to increase flexibility.

**Yoga w/Katherine and AJ:** Ashtanga Vinyasa based asana class for strength, flexibility and balance. Modifications provided for beginner levels.

**Zumba w/Tabitha:** Latin workout routine designed to burn fat and tone!