



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MIND BODY

YHLC

REVISED MAY 6<sup>TH</sup>, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga 5:15 – 6:00 am Trisha	Yoga 7:15-8:15 am Jamie	Yoga 5:15-6:15 am Nikki	Yoga 7:15-8:15 am Allyson		Yoga 7:30-8:30 am Nikki	
	Stott Pilates -Mat 8:30 – 9:15 am Christie		Stott Pilates Mat 8:30 – 9:15 am Christie			
Tai Chi 9:00-10:00 am Sherry		Tai Chi 9:00-10:00 am Sherry	Yoga 9:20-10:20am Jolene	Tai Chi 9:00-10:00 am Sherry	Yahweh Yoga 9:30-10:45 am Victoria	
Basic Yoga 10:30-11:30 am Deann	Pi-Yo 10:30-11:30 am Cynthia	Yoga 10:30-11:30 am Penny	Gentle Yoga 10:30-11:15 am Jolene	Yoga 10:30-11:30 am Deann		Gentle Yoga 10:30 – 11:30am Deniece
Yoga 12:00-12:45 pm Tricia	Stott Pilates Mat 12:00 – 12:50 pm Angela	Yoga 12:00-12:45 pm Lynette	Martial Spirit 12:00 – 1:30 pm Lance	Stott Pilates Mat 12:00-12:50 pm Amy		
Restorative Yoga 1:00-2:00 pm Lance	Yoga 1:00 – 2:00 pm Lisa	Restorative Yoga 1:00-2:00 pm Lance				
		Yoga 4:30 – 5:25 pm Michelle	Healthy Steps 4:30-5:25 pm			Yoga 3:45 – 4:45 pm Lynette
Stott Pilates Mat 5:30-6:20 pm Traci/Trudy	Gentle Yoga 5:30-6:30 pm Jill	Stott Pilates Mat 5:30-6:30 pm Traci	Power Yoga 5:30-6:30 pm Karen			
		Livestrong Yoga 6:40-7:40 pm Tomoko				
Yoga 7:00-8:00 pm Ben						



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### **Class and Program Descriptions:**

**STOTT PILATES:** A formal pilates method to help build stronger, leaner muscles, flatten abdominals and better core stability and body balance.

**PIYO:** This unique class combines principles of Pilates with yoga. Great for increasing flexibility and core strength.

**TAI CHI:** Tai Chi is a century old system of health and self-defense. It is thought of as a “new age dance.” Through a series of postures you will learn how to relax and move towards optimal health in addition to life protection benefits.

**YOGA:** You will learn all the fundamentals of asanya yoga: how to breathe, move, stretch and relax. End results shows gain in flexibility and strength.

**GENTLE YOGA:** This class is designed for those with no experience in yoga or that want to move at a slower pace during their practice. Beginner friendly and ideal for seniors and special populations.

**Healthy Steps Moving to Better Health with the Lebed Method:** This is a therapeutic, medically designed gentle and low impact aerobics incorporating some yoga and stretch movements that provides fun music to help attendees thrive. This program improves overall wellness, range of motion, balance, strength, assists in decreasing scar tissue, improves lymphatic drainage as well as emotional well being and self image. Taught by Mercy Lymphedema Certified Occupational Therapist.

**LIVESTRONG YOGA:** This class is for individuals currently enrolled in our Livestrong at the YMCA program.

**GENTLE RESORATIVE YOGA:** This is “gentle gentle” yoga. This is a good place to begin a program of exercise as well as an addition to high performance training. Balance and stretching muscles that people often find difficult in yoga are largely absent. Yoga poses [asanas] are “amped-down” to be “restorative” and to create a place of rest and meditation.

**MARTIAL SPIRIT:** Is an innovative body-class that develops core skills that are common across the martial arts.

**Yahweh Yoga** A peaceful effective workout for all ages and fitness levels that incorporates Christian music, meditation, and prayer.