

# Mind Body Studio Schedule

Upcoming Session: May 5<sup>th</sup> – June 29<sup>th</sup>

~ no classes on 5/27 due to Memorial Day ~

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	TRX (Kim)			TRX (Kim)		
8:00 a.m.	Pilates Equipment (Sheila) 7wk Session no class 5/27		Introduction to Yoga (Steve) (free to members must still register)			
9:00 a.m.	Yin Yoga (Lisa) 5wk Sess. no class 5/27,6/17,6/24	Flow Yoga (Katie) 7wk session No class 6/18	Beginner Pilates Equipment (Sheila) (9:15)		TRX (Kim)	
10:00 a.m.	Balance and Flow Yoga (Shelly S) 6wk Session no class 5/27, 6/10		Intermediate Pilates Equipment (Sheila) (10:30)	Flow Yoga (Jessica) (9:30)		Mat Pilates (Shelly J.)
11:00 a.m.	Wall Yin (Shelly S.) 6wk Session no class 5/27, 6/10	Senior Yoga (Lisa N.) 6wk session No class 6/18,6/25	Yin Yoga (Lisa) (11:30) 6wk session no class 6/19, 6/26	Senior Yoga (Shelly S.) 7wk session No class 6/13		Gentle Flow Yoga (Shelly J.)
12:15 p.m.	F.A.Y. Yoga (Shelly S.) 6wk Session no class 5/27/ 6,10					
3:30 p.m.	Begin/Intermed Pilates Equip (Sheila) 7wk Session No Class 5/27			Pilates Equipment (Sheila)		
4:30 p.m.		Beginner Tai Chi (Michael) (4:00) 5wk session No class 6/11,6/18,6/25	TRX (Craig) (4:10)	Pilates Equipment (Sheila)		
5:30 p.m.	Flow Yoga (Shelly J.) 7wk Session no class 5/27	Intermediate Tai Chi (Michael) (5:00) 5wk session No class 6/11,6/18,6/25	Slow Flow (Lisa) (5:00) 6wk session No class 6/19, 6/26		TRX (Craig)	
6:30 p.m.	Hatha Yoga (Shelly S.) 6wk Session no class 5/27, 6/10		Gentle Yoga (Shelly S.) (6:00) 7wk session No class 6/12	PiYo (Shelly J.) (6:15)		

See reverse side for Class Descriptions- Revised 4/17/19

~All classes are fee based for members and the community~



PROHEALTH WEST WOOD  
HEALTH & FITNESS CENTER

# Mind Body Studio

## Pilates

### Pilates Equipment

Enjoy group classes on PPV Reformers and MVE chairs. Experience singular methods of exercise that help today's fitness enthusiasts and athletes achieve new levels of performance.

### PiYo

PiYo combines the more athletic aspects of Pilates and Yoga, adds hand weights, a dash of sport and dance conditioning, and gives your body a wake-up call! Strength and balance are the emphasis in this class, and it will challenge your body beyond basic PiYo. Previous Pilates or Yoga experience is recommended but not required.

### Mat Pilates

Incorporating the fundamentals of Pilates, this class is for the Beginner/Intermediate and advanced Pilates students. While Intermediate level and above exercises may be introduced, modifications are always provided to make this class fit all ages abilities and levels. Although Pilates equipment is not utilized during mat classes, small exercise props such as Magic Circles, weights, bands and balls are often utilized to engage specific muscle groups and assist with body positioning.

## Tai Chi

Often described as meditation in motion, Tai Chi promotes structural strength, balance, coordination, flexibility and mindfulness. These non-aerobic, low impact, flowing movements are energizing, enjoyable and challenging. An impressive growing body of research is verifying the many health benefits of Tai Chi.

### Wall Yin

Wall Yin is a practice of yielding, thru breath and quieting of the body. Enjoy several poses using the wall to stretch the legs and hips, allowing gravity to slowly draw you deeper. Shoulder mobility movements are also introduced along with use of props. The wall can make Yin even more accessible for people with a variety of mobility ranges. Very calming and sweet.

### Introduction to Yoga

This class will teach you the proper techniques and form while you work through base level yoga sequences to help you gain confidence in practicing yoga. ***\* This class is free and only open to members of West Wood. The instructor hosting this class as a part of his prerequisite for obtaining his yoga certification.***

## Yoga

### Hatha Yoga

This class teaches the fundamentals of yoga through a combination of flowing poses and deep stretches, followed by deep relaxation. Students will cultivate balance, build strength and increase their flexibility. Your instructor will provide individualized attention and hands-on adjustments. Appropriate for beginners as well as more advanced students wishing to deepen and refine their practice.

### Flow Yoga

This fun, flowing class is for anyone looking for a more active yoga class. The class will offer a wide variety of poses which are linked in sequences through fluid movement to generate heat in the body. Conscious movement and contemporary music combine to create an energizing experience

### F.A.Y (Functional Adaptive Yoga)

A style of training that uses Yoga, Pilates & Functional Training to explore the postures and practice by using the person's natural patterns found in their bodies instead of fitting the body to the poses or movements. This approach allows accessibility to movement to all students, regardless of their level of ability.

### Gentle Yoga

Gentle Flow is open to all levels of practice and abilities! This soothing, gentle class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment, and mindfulness. You will learn techniques to help you gain flexibility while immersing yourself in a relaxing class that moves at a slower pace, allowing ample time to enjoy each pose.

### Gentle Flow Yoga

This class is for anyone looking for a gentle flowing class to help loosening tight spots and increase your strength and flexibility through connected yoga sequences. This is a great class for any age and ability

# Class Descriptions

### Slow Flow

This class will leave you refreshed and ready to face the rest of your day with renewed focus and energy. With blends of traditional hatha poses with modern flow to create a class that is accessible to all levels, from beginners to advanced practitioners.

### Senior Yoga

At any age, yoga can improve our physical and mental well-being. This beginner level class will focus on yoga postures that can enhance stability and mobility. You will also learn breathing and relaxation techniques designed to refresh and restore the mind and spirit.

### Balance & Flow Yoga

Experience the dance of the breath through movement along with a connection to one's body through balance. Open to all levels-all poses can be modified and intensified.

### Yin Yoga

Can't touch your toes? Is your low back chronically tight? Do your shoulders and upper back feel like they will never release? This unique class is specifically designed to safely increase flexibility, and no previous yoga experience is needed.

## TRX Training

Experience it here at West Wood. TRX Suspension Training is an innovative exercise tool that helps you build lean muscle, boost your metabolism, tighten your core and increase endurance.

### Intermediate TRX

Experience it here at West Wood. TRX Suspension Training is an innovative exercise tool that helps you build lean muscle, boost your metabolism, tighten your core and increase endurance. \*\* Prior TRX experience is recommended or instructor approval.