

Mind Body Studio Schedule

Upcoming Session

September 4th – October 28th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Intermediate TRX (Kim)		Intermediate TRX (Kim)		
9:00am	Yin Yoga (Lisa N.) 7 week Session No class 9/3		Intermediate TRX (Kim)		Intermediate TRX (Kim)	
10:00am	Balance and Flow Yoga (Shelly S.) 6 week session No class 9/3,9/25	Flow Yoga (Tina) (9:30)	Pilates Equipment (Linda G.)	Flow Yoga (Tina)	Mat Pilates (Shelly J.)	Pilates Equipment (10:45) (Tess)
11:00am	Yin Yoga (Shelly S.) 6 week session No class 9/3,9/25	Senior Yoga (Lisa N.)		Senior Yoga (Shelly S.) 7 week session No class 9/28	Gentle Flow Yoga (Shelly J.)	
12:15pm	Restorative Yoga (Shelly S.) 6 week session No class 9/3,9/25					
4:30pm			TRX (Craig) (4:15)			
5:30pm	Flow Yoga (Shelly J.) 7 week Session No class 9/3	Tai Chi (Michael)		TRX (Craig)		
6:30pm	Hatha Yoga (Shelly S.) 6 week session No class 9/3,9/25	Couples Yoga (Tina) 4 week session (90min class)	Gentle Yoga (Shelly S.) (6:00) 7week session No class 9/27	PiYo (Shelly J.) (6:15)		
7:00pm			Flow Yoga (Amy O.)			

See reverse side for Class Descriptions- Revised 8/22/17
~All classes are fee based for members and the community~

Mind Body Studio

Class Descriptions

Pilates

Pilates-Private Training

This allows you to learn the equipment and interact with an instructor at your pace as you gain confidence in your new Pilates method. It also allows for a more personalized work out focusing on specific areas you want to improve on.

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 advance 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.

Yoga

Yoga – Private Training

Take your yoga practice to a new level, compliment your current workouts, or learn more about yoga before you join a group class with individual one-hour yoga training sessions.

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

Restorative Yoga

A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Although anyone can participate in restorative yoga, it is particularly beneficial for those with disabilities, weight challenges, inflexibility, and those who cannot get up and off the floor. The joints and muscles are worked to enhance flexibility, strength, balance, and circulation.

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 loosen tight spots and increase your strength and flexibility through connected yoga sequences. This is a great class for any age and ability

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.