Mind Body Studio Schedule

Upcoming Session: June 20th – August 19th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.			Pilates Mat (Laury)		
9:00 a.m.	Yin Yoga (Lisa) (8:45)	Flow Yoga (Katie)	Pilates Equipment (Laury)		
10:00 a.m.	Balance and Flow Yoga (Shelly S)(10:05) 6wk session No class7/5,8/9		Intermediate Pilates Equipment (Laury)(10:15)	Chair Yoga (10:30) (Shelly S.) 6wk session No class 7/8,8/12	
11:00 a.m.	Yin Yang Restore (Shelly S.) (11:10) 6wk session No class 7/5,8/9	Gentle Yoga (Lisa)	Pilates Equipment Chair and Stretch (Laury)(11:30)		Gentle Flow Yoga (Shelly J.)
12:15p.m.					
3:30 p.m.					
4:30 p.m.				Beginner Pilates Equipment (Laury)	
5:30 p.m.	Flow Yoga (Shelly J.)	Slow Flow (Lisa) (5:00)		Beginner/Intermediate Pilates Equipment (Laury)	
6:00 p.m.			Gentle Yoga (Shelly S.) (6:00) 6wk session No class 7/7,8/11	ProHealth West Wood Health & Fitness Center	

See reverse side for Class Descriptions- Revised 5/18/2021 ~All classes are fee based for members & the community
**all classes are 55 minutes except Pilates Equipment Stretch. Pilates Equipment Stretch is a half hour class.*

This Practice cultivates the use of muscular movement (Yang) with the connection to the Connective tissue/fascia (Yin)

Mind Body Studio Class Descriptions

Pilates

Pilates Equipment – Open level
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.

Pilates Equipment: Stretch
This class is targeted for those willing to explore harmonious balance of breath, mind and spirit. Pilates Stretch will introduce healthy poses along with safe subtle movement while lengthening and conditioning your muscular system.

Mat Pilates
Incorporating the fundamentals of Pilates, this class is fore 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.

Yin Yang Restore

This Practice cultivates the use of muscular movement (Yang) with the connection to the Connective tissue/fascia (Yin) to help facilitate and boost necessary movement within the body, all the while cultivating stillness and becoming grounded through the use of Restorative poses. All props are offered from use of the Wall to Chairs to accommodate all levels.

Yoga

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.

Chair 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 chair yoga, it is particularly beneficial for those with disabilities, weight challenges, inflexibility, and who cannot get up and off the floor. The joints and muscles are worked to enhance flexibility, strength, balance, and circulation during a Chair yoga class

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.

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.

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