

# Mind Body Studio Schedule

FREE TRY IT WEEK 1/3/2022 – 1/7/2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.		Flow Yoga (Katie)	Beginner Pilates Equipment (Laury)			
10:00 a.m.			Intermediate Pilates Equipment (Laury) (10:15)		Pilates Mat (Shelly J.)	
11:00 a.m.	Yin Yoga (Lisa) (11:30)	Essential Yoga (Lisa)			Gentle Flow Yoga (Shelly J.) (11:00)	
5:30 p.m.	Flow Yoga (Shelly J.)	Slow Flow (Lisa) (5:00)				
6:00 p.m.			)			

 PROHEALTH WEST WOOD  
HEALTH & FITNESS CENTER

See reverse side for Class Descriptions- Revised 12/7/2021 ~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.

# 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 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.

### 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

### Gentle Yoga

Gentle yoga 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

Realign and restore after a busy day. Slow Flow Yoga combines slow flowing movement, deep stretching and breath work to work out the kinks, leaving you calm and refreshed. Appropriate for all levels and body types.

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

### Essential Yoga

Find more ease in your body and soul. This class will increase functional flexibility, improve joint stability and enhance balance. It incorporates gentle movement, balancing poses, deep stretches and breath work. You will leave feeling grounded and better aligned. Good for all levels and body types.