FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOT YOGA

DOWNTOWN CLASS SCHEDULE & DESCRIPTIONS
April 10-May 28, 2017

HOT YOGA BASICS (60/75 Minutes) Monday 4:30-5:45 pm Friday 8:15-9:15 am

This, all levels, class will guide participants through the basic Hot Yoga poses. It is intended to meet the needs of beginners all the way to advanced students. Like all Yoga classes, it is designed to help build strength, balance, flexibility, focus and good posture.

INTRO TO HOT YOGA (60 Minutes) Saturday 8:30-9:30 am (Instructor Rotation)

Designed for those new to Yoga or those who just need a good stretch after a stressful week, long run, or intense work out. Back to basics in this class to help you build your foundation with breath and proper alignment, Enjoy this slower paced practice with classic poses that will gently open your body to lengthen and strengthen your muscles, increase mobility and relieve stress.

LUNCHTIME YOGA (45 Minutes) Mon. & Wed. 12:00-12:45 pm

45 minutes of energizing Yoga with several vinyasa flows and standing poses, ending in relaxation.

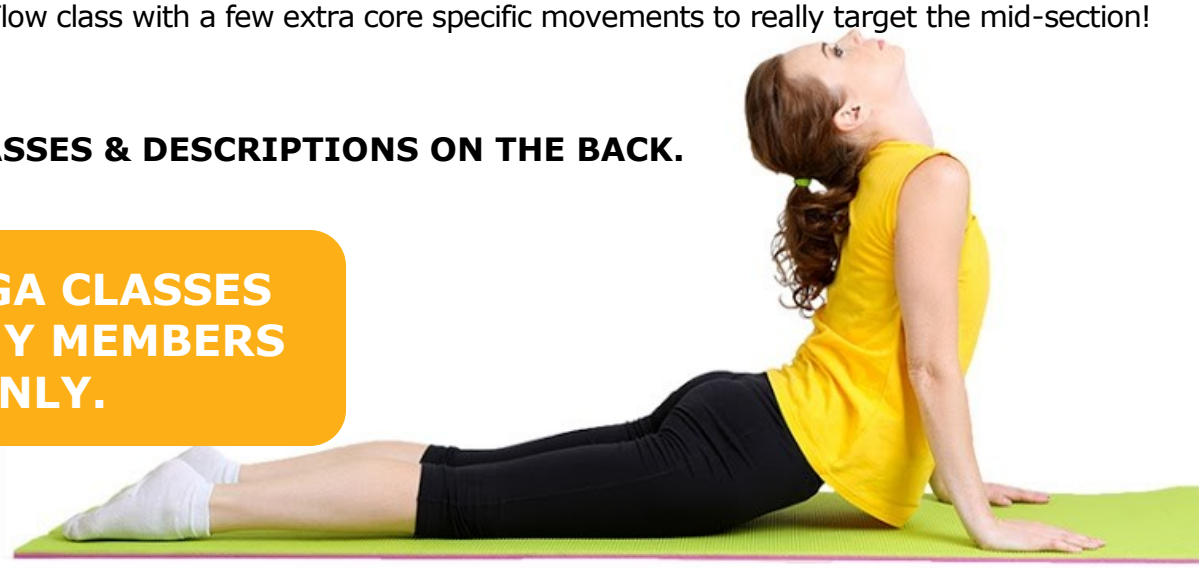
POWER CORE FLOW (75 Minutes)

Tuesday 8:30-9:45 am Wednesday 5:30-6:45 pm Thursday 8:30-9:45 am

This is the Power Flow class with a few extra core specific movements to really target the mid-section!

SEE MORE CLASSES & DESCRIPTIONS ON THE BACK.

HOT YOGA CLASSES ARE FOR Y MEMBERS ONLY.



HOT YOGA

CLASS SCHEDULE & DESCRIPTIONS

POWER FLOW (75 Minutes)

Monday 9:30-10:45 am Friday 9:30-10:45 am

A dynamic flowing routine that synchronizes movement to breath to build and develop flexibility, stability, strength, sweat and a calm mind. It is a mixed levels class with modifications and variations are offered so that the intensity and challenge is up to the participant. Be prepared to have fun, sweat and tone!

WARM YOGA ALL LEVELS FLOW 85° (60/75 Minutes)

Monday 8-9am Wednesday 9:30-10:45am

Active, flowing movement linked to breath, followed by exquisite, restful and restorative practices—all set to music.

YOGA FLOW (60/75 Minutes)

W/F 5:15-6:15 am Wed. 8:00-9:00 am Sat 9:45-11 am

Synchronized to the breath, Yoga Flow is the smooth Yoga poses that flow together and become like a dance.

SLOW FLOW (60 Minutes)

Tuesday & Thursday 10:00-11:00 am

All levels flow that is appropriate for most levels. This is slower than a power class. Modifications are given for up and down. Great for beginners and active older adults.

HATHA YOGA (60 Minutes)

Monday 5:15-6:15am Tuesday 6-7pm Sunday 4-5pm

Poses are held for long periods and often modified with props. This method is designed to systematically cultivate strength, flexibility, stability, and awareness, and can be therapeutic for specific conditions.

All Hot Yoga classes require a class pass for admittance. Limited to one per person and may be picked up at the front desk no more than 30 minutes prior to class time.