

All classes are 1 Hour unless otherwise noted.

Last Updated 11/13/ 2017

CLASSES HELD IN MIND/BODY STUDIO

Class Schedule is subject to change.

DAY TIME CLASSES		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
8:15 AM	Mat Pilates Lara R.	8:00 AM	Yoga Stephanie	8:00 AM	Mat Pilates Aimee	8:00 AM	Yoga Anna K.	6:30 AM	Core Yoga Melisa K. 30 min	8:00 AM	Power Yoga Beth	9:00 AM	Yang Yoga Beth 45 min		
9:15 AM	BootyBarre Aimee Sign-Up Required	9:00 AM	TRX Stephanie Sign-Up Required	9:00 AM	Tai Chi Chris 9:00am - 10:30am	9:00 AM	TRX Stephanie Sign-Up Required	9:15 AM	BootyBarre Lily Sign-Up Required	9:00 AM	BootyBarre Lily Sign-Up Required	9:45 AM	Yin Yoga Beth 45 min		
10:45 AM	Yoga Melisa K	10:30 AM	Mat Pilates Stacey	10:30 AM	BootyBarre Aimee Sign-Up Required	10:30 AM	Mat Pilates Christi/Marion	10:30 AM	Yoga (60 min) + 30 min Meditation Brittany	10:00 AM	Mat Pilates Lara R.	10:30 AM	Mat Pilates Dennis		
10:30 AM	Tai Chi -Jackie Meets in Dance 1 10:30am - 12:00pm									11:00 AM	Happy Hips Yoga Stacy/Aurora				

EVENING CLASSES		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4:30 PM	CX Worx Carolyn 30 Min.	4:30 PM	Mat Pilates David	6:30 PM	Yoga Stacy	4:30 PM	Mat Pilates Gail	5:00 PM	Kidz Yoga Brittany 45 min		
6:30 PM	BootyBarre Lily Sign-Up Required	5:45 PM	TRX Diana Sign-Up Required			5:30 PM	KIDS Boot Camp Lyn T. 30 min	6:00 PM	Yoga Brittany		
7:30 PM	Modern Yoga Monday Brittany	6:30 PM	Yoga Aurora			6:30 PM	BodyFlow Shelly	<div style="background-color: #cccccc; padding: 10px;"> <p><b>Yoga for Martial Arts</b></p> <p>This class is designed for those members already enrolled in any of the 4 types of Martial Arts classes.</p> </div>			
		7:30 PM	Tai Chi Jackie 7:30pm - 8:30pm			7:30 PM	Align & Flow Yoga Jenn M.				
		8:30 PM	Yoga for Martial Arts* 8:30pm - 10pm			8:30 PM	Yoga for Martial Arts* 8:30pm - 10pm				

### Mat Pilates

This innovative system of mind-body exercises builds strength without bulk, creating a sleek, toned body. It teaches body awareness, good posture, and graceful movement. Small equipment, like stability balls, pilates balls, straps and blocks may be included in the

### Tai Chi

Tai Chi is a slow ancient form of medicine, martial arts and exercise. Originally developed as a style of self defense, it became a deadly fighting system in China based on effective martial uses of the "acupuncture points." Today it is used to strengthen our immune system and increase our balance and reduce

### Booty Barre (\$)

An energetic and fun workout that fuses fitness techniques from Dance, Pilates & Yoga that will tone, define & chisel the whole body. No dance experience needed! The Booty Barre method is the perfect combination of strength & flexibility with added cardio to burn fat fast.

### Yoga

An ancient art based on a harmonizing system of development for the mind, body and spirit. Yoga postures, known as asanas, are put together to strengthen, tone and restore muscle. The practice of Yoga makes the body strong and flexible.

### TRX (\$)

Born in the Navy Seals, Suspension Training exercise develops strength, balance, flexibility and core stability simultaneously.