



RACQUET CLUB

August Mind & Body



HEALTH & WELLNESS Mon-Fri 5 am-10 pm / Sat-Sun 7 am-8 pm Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown

MON	TUE	WED	THU	FRI	SAT	SUN
Pilates 8 am Jenna	Pilates 9 am Kathy	Vinyasa Yoga 6 am Julie	Pilates 9 am Dan	Pilates 9 am Stephanie	Pilates 9 am August 5 - Danika August 12 - Marie August 19 - Dan August 26 - Danika	Restorative Yoga 11 am-12:15 pm Sarah
*Barre 9 am Jenna	Tai Chi 11 am Lynne	Pilates 9 am Jenna	Tai Chi 11 am Lynne	*Barre 10 am Stephanie		
All Levels Yoga 10:30-11:45 am Sarah	Yin Yoga 5-6:10 pm Sarah B.	All Levels Yoga 10:30-11:45 am Isabelle	Pilates Noon Kate	Vinyasa Yoga Noon-1:15 pm Isabelle	Yoga 10:15-11:30 am August 5 - Danika August 12 - Marie August 19 - Sherie August 26 - Danika	
Beginners/Gentle Yoga Noon Sarah	*Barre 6:15 pm Jenna	Vinyasa Yoga Noon-1:15 pm Isabelle	Yin Yoga 5-6:10 pm Jordan			
Pilates 5:30 pm Danika		Vinyasa Yoga 6-7:15 pm Becca	*Barre 6:15-7 pm Jenna			
Vinyasa Yoga 6:30 pm Rachel						

Please note that instructors are subject to change.

Most Group Fitness classes are 55 minutes.
 *Barre class size is limited to 18 participants.
 ** Member: Free, Guest: \$10



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Mind & Body Class Descriptions

All Levels/ Continuing Yoga	A posture focused class with emphasis on alignment. Be prepared to use props to assist movement into beginner and intermediate level poses. All levels welcome.
Barre (all levels)	A fusion of ballet, yoga, and Pilates. Focus is on combining cardio and flow elements of ballet with toning benefits of Pilates and yoga for an energetic and challenging workout. Class size is limited to 18 participants.
Beginning Vinyasa	Introduces class to the link between breath and movement while improving strength and flexibility.
Beginning Yoga	A gentle series of exercises performed in a slow and controlled way. The focus of this class is increasing strength, flexibility, and balance.
Gentle Yoga (all levels)	A personalized approach to yoga postures with focus on pain-free range of motion. This class compliments strenuous athletic activities and is also appropriate for those new to yoga.
Pilates (all levels)	A contemporary, anatomically based approach to the mind-body exercise developed by Joseph Pilates. Exercises focus on stability and/or mobilizing the spine and pelvis while improving functional strength, flexibility, endurance and posture.
Restorative Yoga (all levels)	Uses props to help body relax into poses held for several minutes to encourage passive stretching.
Tai Chi (all levels)	A mindful practice and low-impact exercise. It can be done by anyone who can walk. Tai Chi improves balance, cardiovascular endurance, strength and posture.
Vinyasa Yoga (all levels)	Postures are connected with breathing, helping to build mental focus, clarity, determination, and patience. Vinyasa yoga may also be known as a flow style yoga.
Yin Yoga (all levels)	A synthesis of traditional yoga and eastern approaches to healing and well-being. Through sustained holds, in the floor postures of the Yin Yoga tradition we are able to bring healing to our organs, and the connective tissues of the body.
Yoga for Runners	Whether you run all the time or just beginning, this class is designed to bring your body back to balance. Improve flexibility, range of motion, loosen tight spots, strengthen weak spots and help injury prevention, as well as, improve mental focus and relieve stress.