



# RACQUET CLUB

# September 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 317-

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Pilates</b> 9 am Stephanie	<b>Sunrise Yoga</b> <b>*Starting Sept. 12</b> 6:15 am Amber	<b>Vinyasa Yoga</b> 6 am Julie	<b>Sunrise Yoga</b> <b>*Starting Sept. 14</b> 6:15 am Amber	<b>Pilates</b> 9 am Stephanie	<b>Pilates</b> 9 am Danika	<b>Restorative Yoga</b> 11 am-12:15 pm Sarah
<b>All Levels Yoga</b> 10:30-11:45 am Sarah	<b>Pilates</b> 9 am Jenna	<b>Pilates</b> 9 am Jenna	<b>Pilates</b> 9 am Dan	<b>*Barre</b> 10 am Stephanie	<b>Yoga</b> <b>10:15-11:30 am</b> Danika	
<b>Beginners/Gentle Yoga</b> Noon Sarah	<b>*Barre</b> 10 am Jenna	<b>All Levels Yoga</b> 10:30-11:45 am Isabelle	<b>Tai Chi</b> 11 am Lynne	<b>Vinyasa Yoga</b> Noon-1:15 pm Isabelle		
<b>Pilates</b> 5:30 pm Danika	<b>Tai Chi</b> 11 am Lynne	<b>Vinyasa Yoga</b> Noon-1:15 pm Isabelle	<b>Pilates</b> Noon Kate			
<b>Vinyasa Yoga</b> 6:30 pm Rachel	<b>Yin Yoga</b> 5:15-6:30 pm Caitlin	<b>Vinyasa Yoga</b> 6-7:15 pm Becca	<b>Yin Yoga</b> 5:15-6:30 pm Jordan			
	<b>*Barre</b> 6:30-7:15 pm Jenna		<b>*Barre</b> 6:30-7:15 pm Jenna			

**Yoga Nidra FREE Demo Class with Isabelle**  
Downtown: Sat, Sept 9, 4 pm  
Racquet Club: Wed, Sept 13, 4:45 pm

**Labor Day Weekend**  
September 2-4:  
No Classes  
Jungle Closed  
**Monday, Labor Day**  
Club Hours:  
5 am-2pm  
**Thursday, September 7**  
No Classes After 5 pm  
Early Club Closure:  
6 pm  
For Staff BBQ

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



## Mind & Body Class Descriptions

<b>All Levels/ Continuing Yoga</b>	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.
<b>Barre (all levels)</b>	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.
<b>Beginning Vinyasa</b>	Introduces class to the link between breath and movement while improving strength and flexibility.
<b>Beginning Yoga</b>	A gentle series of exercises performed in a slow and controlled way. The focus of this class is increasing strength, flexibility, and balance.
<b>Gentle Yoga (all levels)</b>	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.
<b>Pilates (all levels)</b>	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.
<b>Restorative Yoga (all levels)</b>	Uses props to help body relax into poses held for several minutes to encourage passive stretching.
<b>Tai Chi (all levels)</b>	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.
<b>Vinyasa Yoga (all levels)</b>	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.
<b>Yin Yoga (all levels)</b>	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.
<b>Yoga for Runners</b>	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.