



RACQUET CLUB

November 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
Pilates 9 am Stephanie	Sunrise Yoga 6:15 am Amber	Vinyasa Yoga 6 am Julie	Sunrise Yoga 6:15 am Amber	Pilates 9 am Stephanie	Pilates 9 am Danika	Restorative Yoga 11 am-12:15 pm Sarah
All Levels Yoga 10:30-11:45 am Sarah	Pilates 9 am Jenna	Pilates 9 am Jenna	Pilates 9 am Marie	*Barre 10 am Stephanie	Yoga 10:15-11:30 am Danika	
Beginners/Gentle Yoga Noon Sarah	*Barre 10 am Jenna	All Levels Yoga 10:30-11:45 am Isabelle	Vinyasa Yoga Starting Nov 9 10 am Marie	Vinyasa Yoga Noon-1:15 pm Isabelle		
Pilates 5:30 pm Danika	Tai Chi 11 am Lynne	Vinyasa Yoga Noon-1:15 pm Isabelle	Tai Chi 11 am Lynne			
Vinyasa Yoga 6:30 pm Rachel	Yin Yoga 5:15-6:30 pm Caitlin	Pilates 5:30-6:10 pm Molly	Pilates Noon Kate	Yin Yoga 5:15-6:30 pm Sarah B.		
	*Barre 6:30-7:15 pm Jenna	Vinyasa Yoga 6:15-7:30 pm Becca	*Barre 6:30-7:15 pm Jenna			

Thanksgiving Day
Club Hours: 5 am-2 pm
Modified Group Fit Class Schedule
Downtown Members Welcome
Blue Mountain
 8 am Cycling/Dan
 8 am Gym Class Heroes/Jessica
 9:15 am Oula/Tracy & Kathryn
 9:15-10:30 am Cycling/Tamara & Monique
Downtown
 10-11:15 am All Levels Yoga/Isabelle

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

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.