

# Yoga Class Schedule January -March, 2019

Monday		
9:30am - 10:30am	Yoga Flow (Camille Cronfel)	Group Ex Studio
6:00pm-7:00pm	Yoga (Millie Weir)	Hattendorf
Tuesday		
6:45pm-7:45pm	Vinyasa Yoga (Brandi Miller)	Group Ex Studio
Wednesday		
9:30am-10:30am	Yoga Flow (Camille Cronfel)	Group Ex Studio
6:30pm-7:30pm	Restorative Yoga (Iliyana Radanova)	Hattendorf
Thursday		
6:30pm-7:30pm	Yoga (Millie Weir)	Hattendorf
Friday		
9:30am-10:30am	Yoga Flow (Brandi Miller)	Group Ex Studio
Saturday		
8:30am - 9:30am	Gentle Body Power (Daniel Moore)	TRX Studio at the Pavilion

Type	Member (Resident or Non-Resident)	Non-Member (Resident)	Non-Member (Non-Resident)
Daily Admission	\$8	\$9	\$10
10 Scan Pass	\$70	\$77	\$92
20 Scan Pass	\$120	\$132	\$158

## **Fireside Yoga**

*February 23 108405-02*

*please pre-register*

*(5 for \$30 pass is on sale 2/22-2/23)*

## **The Essential Elements of Balance Workshop**

*Sundays, 2/3/2019-3/10/2019 from 2-3:30/ Fee:\$99 member \$119 Nonmember register with code 108315-01*

## **Bestie Partner Yoga at Fox Run**

*Monday Feb 11, 6:30-7:45*

*use your yoga scan pass or pay drop in fee, please pre-register with 108415-01*

Updated January 18, 2019

# Yoga Class Descriptions

**Yoga** - Our instructor has extensive experience in many different styles and formats of Yoga. You will be introduced to formats that will challenge you and allow you to grow with each class. You will experience a surprising amount of variety with much attention to the needs of each individual's modification. Yoga blocks, straps and other items will be used to help with flexibility and to practice a safe yet effective technique.

**Vinyasa Yoga** - A fun and challenging all-level class which combines a powerful flow with core strengthening. You will move and feel from the center of your body, learning to engage the core more deeply and intentionally in all postures. Whether you are new to yoga or a seasoned practitioner, join us to develop and refine your alignment, self-awareness and confidence through this stress-busting, rejuvenating class.

**Yoga Flow** - This invigorating all-level class delivers fundamental poses that build strength, balance, flexibility and focus, dynamically moving from pose to pose. Some poses will be repeated and held a little longer to promote body awareness, proper alignment and a deeper stretch. Participants are encouraged and guided to adapt poses to meet their individual needs. You'll leave refreshed, renewed and ready to embrace a new day.

**Gentle Body Power** - This class offers you all the benefits of Yoga, Pilates and Tai Chi. The integrative movement system that this format follows offers fitness for the whole YOU! Practice the basics of Gentle Body Power and you will gain strength, flexibility, balance and ease of movement that will make daily living a breeze. Additional GBP benefits include: increased energy, stress management, muscle tone, muscular balance, better posture and much more.

**Restorative Yoga** - Restorative in nature, this class provides the centering of your breath and body; aligning the physical and the mental by practicing stillness and/or gentle movement. Props such as blankets, bolsters and blocks, are used to assist in helping you hold poses longer.