

Studio I

August 2010

updated: 08/05/10

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30-8:55am		Yoga Danielle		Yoga Danielle			
8:30-9:45am	Yoga Danielle		Yoga Tiffany				
8:30-9:55am					Yoga Flow Tiffany	Yoga Janet	Level 2/3 Forrest Yoga Janine
9-9:55am		Yoga Deborah		Yoga Deborah			
10-10:55am	Sit & Fit Sue	Gentle Yoga Deborah	Lite Movement Sue	Gentle Yoga Deborah	Sit & Fit Val		
10-11:30am						Power Flow Yoga Danielle	Yoga Don
11-11:55am			Yoga Jodie				
11am-12:25pm	Level 1/2 Forrest Yoga Janine	Level 2/3 Forrest Yoga Janine		Level 2/3 Forrest Yoga Janine			
3-4:00pm					Hoops Fusion (\$) Jessica		
4:30-5:25pm		Pilates Power Mat Katie		CrossFit Andrea (\$) starts 8/19	ZumbAtonics (\$) Phong		
4:30-5:45pm	Karate Kids (\$) 8/2 only		Karate Kids (\$) 8/4 only				
5-6:30pm							Gentle Yoga Deborah
5:30-6:55pm		Yoga Flow Danielle		Multi-level Forrest Yoga Janine			
6-7:00pm	Yoga Jodie						
6:30-7:30pm			Power Flow Yoga Larissa				

Class Descriptions

Yoga – Classic yoga, attention to alignment & breath, sustained poses.
Yoga Flow – A vigorous & more challenging yoga, flowing from pose to pose.
Gentle Yoga – Longer sustained poses for deeper relaxation for all levels.
Forrest Yoga – By Master Ana Forrest, emphasis on core strength & breath.
Lite Movement – Very light, basic movement to easy listening music.
 Exercises for core strength, balance and flexibility.
Yoga for Athletes – Compliments vigorous training regimen.
 Increase performance & reduce injury.

Hoops Fusion – Fundamentals of hula hooping. Ages 6-16.
Power Flow Yoga – A vigorous workout with focus on strength and flexibility.
Pilates Power Mat – A fast moving and challenging class.
Sit and Fit – Chair exercise for flexibility, strength and balance. Easy listening music.
Zumbatonic Kids – Get into kidtastic fitness with great music, cool lyrics and fun moves