

Y M C A Winter Relaxation Studio

CLASS DESCRIPTIONS

**FLOW YOGA
VINYASA YOGA**
with Katy, Marsha
Susan, and Pamela

Yoga focuses on building the strength, stamina and flexibility of both your body and mind through a system of postures and conscious breathing. Level I is a thorough introduction for students new to Yoga, with a focus on basic postures and incorporating the breath into movement. Level I/II is appropriate for new students who are comfortable with moving both on the floor and in standing poses, while still enabling more experienced students a challenge. Level II-III refines basic asanas and adds more difficult standing and balancing poses. While some prior yoga experience is helpful, it is not necessary and students are encouraged to work at their own pace.

AM YOGA & PILATES
with Katy and Susan

Stretched and Centered, including Yoga and the Pilates method of exercise, combines core-strength muscle conditioning with deep stretches & focused breathing. Bodies in Balance uses large fitness balls to assist in full-body stretching & strengthening exercises. These fun mind/body classes emphasize quality of movement & body awareness & will leave you feeling refreshed & energized.

STRESSLESS STRETCH
with Pamela

Relax in the middle of your week or end your hectic week with these gentle classes of simple stretching movements along with breathing exercises to promote deep relaxation, stress release and flexibility. These classes are great for students who may be very stiff, have limited range of motion, MS, arthritis, or simply require a slower paced class.

PILATES
with Angie, Keb and Susan

Pilates develops flexibility with emphasis on working from the "core" of the body (abdominal and back muscles). All exercises can be done at any level, beginning to advanced. It is a perfect accent to any cardio or strength workout.

CORE & MORE
with Angie

This class includes ANY kind of core conditioning making sure to balance abs and low back strength and flexibility, a blend of traditional Pilates and non Pilates core movements for strengthening the midsection to give individuals more strength, power and agility in everything that they do.

TAI CHI
with Barbara

Tai Chi is for people of all ages and you do not have to be strong or agile to practice. The Thurs morning "Introduction to Tai Chi" class is on a 2-month revolving cycle allowing new students to begin the first week of January / March / May / July / September / November and continue for 8 weeks. The Tue/Thu afternoon "Ongoing Tai Chi" class is on a 4-month rotation with rotations beginning January / May / September, encouraging more experienced students to deepen their understanding of the practice. Tai Chi balances the mind and body, creating calm energy and encouraging a healthy lifestyle.

**TRADITIONAL YANG
STYLE TAI CHI**
with Jack

Tai Chi Master from Beijing, China, Jai Zheng Ma (Jack), teaches long form Tai Chi and Qi Gong, a form of Chinese exercise that coordinates breathing and gentle movement to improve the body's energy level and the flow of energy through the body. Beginners, intermediate and advanced members are welcome to join Jack meditating in motion.

Class cancelled until further notice





Clark County Family YMCA

Relaxation Studio Schedule

Winter 2010

Mon	Tue	Wed	Thu	Fri	Sat
Flow Yoga 9:15-10:30 a.m. w/Susan Level II	Vinyasa Yoga 9:15-10:15 a.m. w/Katy Various levels	Flow Yoga 9:15 am - 10:30 am w/ Susan Level II	Vinyasa Yoga 9:15-10:15 a.m. w/Katy Various levels	Flow Yoga 9:15 am - 10:30 am w/ Pamela Level II	Flow Yoga 8:30-9:45 a.m. Level I-II w/ Marsha
Yoga / Pilates 10:35-11:35 a.m. w/Susan Level I-II		Yoga / Pilates 10:35 - 11:35 am w/Susan Level I	Intro to Tai Chi 11:00 am - noon w/Barbara All levels	Stressless Stretch 10:35-11:35 am w/Pamela	
	Open Practice Tai Chi 12-1 p.m. w/Barbara All levels		On-going Tai Chi 12-1:30 pm w/Barbara All levels		
				Open Practice Tai Chi 4:30 - 5:30 pm	
<i>Cancelled until further notice</i> Traditional Yang Style Tai Chi 5:00-6:00 p.m.	Pilates 5:15-6:15 p.m. w/Keb All levels	<i>Cancelled until further notice</i> Traditional Yang Style Tai Chi 5:30-6:30 p.m.			
Flow Yoga 6:30-7:30 p.m. w/Katy Level I-II		Flow Yoga 6:30-7:30 p.m. w/Pamela All levels	Core & More 6:45-7:45 pm w/Angie All levels		

Rev 12/21/09

LEVEL DESCRIPTIONS

- **GENTLE:** A slow-paced class with simple, relaxing stretches done sitting or lying on the floor. Suitable for all students.
- **LEVEL I:** On-going classes for beginners. Emphasis on the postures which are foundational for continued growth in Yoga.
- **LEVEL I/II:** This level is appropriate for both new students and those who are comfortable in Level I. This class will challenge on-going students while strongly supporting newer students.
- **LEVEL II:** Basic postures are refined and intermediate postures are introduced. More challenging standing and balancing poses will be held for increasing amounts of time. Some prior yoga experience helpful but not required.