



|              | <b>Mon</b>                                   | <b>Tue</b>  | <b>Wed</b>                                   | <b>Thu</b>  | <b>Fri</b>                   | <b>Sat</b>                                     |
|--------------|--|---|--|---|------------------------------|--|
| <b>8-9</b>   | Dynamic Flow Yoga w/Rabia 8:45-10:15am       |   | Dynamic Flow Yoga w/Rabia 8:45-10:15am       |   |                              |  |
| <b>9-10</b>  |  |   |  |   |                              | Gentle Yoga w/ Karen 9:00-10:00am              |
| <b>10-11</b> | Gentle Yoga w/Rabia 10:30-11:30am            | Pilates w/Emily 9:30-10:30am                            | Gentle Yoga w/Rabia 10:30-11:30am            | Pilates w/Emily 9:30-10:30am                            | Pilates w/Emily 9:30-10:30am | Dynamic/Mixed Level Yoga w/Karen 10:15-11:45am |
| <b>11-12</b> |  |   |  |   |                              |  |
| <b>12-1</b>  |  | Water Class at Hilton Pool 11:00-11:45am, 12:00-12:45pm | Nia w/Jane 12:00-1:00pm                      | Water Class at Hilton Pool 11:00-11:45am, 12:00-12:45pm |                              |  |
| <b>1-2</b>   |  |   |  |   |                              |  |
| <b>2-3</b>   | Gentle Stretch 2:00-2:30pm                   |   |  |   |                              |  |
| <b>3-4</b>   | Core Balance w/Ashley 2:45-3:30pm            |   |  |   |                              |  |
| <b>4-5</b>   |  |   |  | Fitness Boxing 5:00-5:30pm                              |                              |  |
| <b>5-6</b>   | Prenatal Yoga w/Rabia 5:00-5:45pm            | Nia w/ Jane 5:30-6:30pm                                 |  |   |                              |  |
| <b>6-7</b>   | Dynamic/Mixed Level Yoga w/Rabia 6:00-7:30pm |   | Dynamic/Mixed Level Yoga w/Rabia 6:00-7:30pm |   |                              |  |
|              |  |   |  |   |                              |  |



### Pilates

Focuses on integrating the entire body, rather than exercising each body part separately. As you begin to focus on your body as a whole you'll achieve better alignment and reteach your body to work more efficiently. The matwork will tone, strengthen, and lengthen your body.

### Core Balance

CoreBalance goes beyond the surface muscles of the abdominals. This class will develop both the deep and the superficial muscles that stabilize, align, and move the trunk of the body. Participants will learn to use equipment such as medicine balls, BOSU balls, balance boards, and exercise bands.

### Fitness Boxing

Fitness Boxing is a moderate to fast paced class that incorporates basic boxing punches with cardiovascular and strength moves. Boxing gloves and instructor mitts are used to simulate boxing training and speed ladders are used to increase your heart rate. Medicine balls and your own body weight are utilized to strengthen all muscle groups. Each class will challenge you with a variety of exercises.

### Gentle Yoga

This class is designed to revitalize your body, relax your mind, increase energy, and reduce stress. This is a great class for beginners or experienced students who want a slower paced, less strenuous class.

### Pre-natal Yoga

Pre-natal Yoga is a perfect tool for mother's-to-be. The class is designed to: increase body awareness by increasing sensitivity to the many changes happening within; increase quality of tissue by oxygenating the blood, increasing circulation, lymph flow, digestion and elimination; increase overall strength, stamina, flexibility, over-all sense of well-being and quality of being. All of these benefits are especially useful tools as women prepare for labor. Pre-natal yoga will equip women with breathing techniques designed to slow and focus the mind, slow biorhythms, and focus both physical and mental energies effectively during labor.

### Dynamic/ Mixed Level Yoga

A moderate to advanced paced Vinyasa flow class that links the breath with pose flow and builds towards challenging postures. This class is best suited for individuals relatively familiar with basic pose names and practice, or athletic individuals who just like to jump right in! The class is as much about strength as it is about stretch. Each class will have a different focus building toward a specific apex posture, but will unavoidably include the whole bodymind in practice. Throughout the class you will be empowered to modify poses for desired more or less intensity. Each class is custom created for who is in attendance, but throughout class, students are encouraged and educated on how to customize their own practice within class to fit their changing needs and abilities each day.



### Power Hour

A brief beginning to moderate level Vinyasa flow class that builds strength, as well as flexibility within an hour. A perfect way to start your day; oxygenate the body; focus mental energy, increasing intentionality on and off the mat; and create emotional evenness. The class is relatively challenging in endurance, but not so much postures.