



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MIND BODY

RIVERFRONT YMCA

APRIL 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pilates 5:30 – 6:00 am Shari/Colette Jim		Pilates 5:30 – 6:10 am Jim/Paul			
			Yoga 6:15 – 6:55 am Paul/Jim			
					Yoga 9:15 – 10:15 am Drew/Troy	
Pilates 12:05 – 12:50 pm Jason	Yoga Power 12:05 – 12:50 pm Drew	Pilates 12:05 – 12:50 pm Jason	Yoga 12:05 – 12:50 pm Terri	Pilates 12:05 – 12:50 pm Tomoko/Terri		
Pilates 5:30 – 6:30 pm Bill						
Yoga Power 6:30 – 7:20 pm Drew			Gentle pi/yo 6:30 – 7:20 pm Paula			

## Class and Program Descriptions:

**PILATES:** This class will help build stronger, leaner muscles, flatten abdominals and achieve better core stability and body balance.

**YOGA:** You will learn all the fundamentals of vinyassa and asana yoga: how to breathe, move, stretch and relax. End results shows gain in flexibility and strength.

**PI/YO –** This class combines Yoga and Pilates practice including stretching and core exercises.