



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIND BODY SCHEDULE

MULTI PURPOSE ROOM/AEROBIC ROOM

REVISED MARCH 5TH 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga 7:15 – 8:15 am NEW! Laura		Yoga 7:15 – 8:15 am NEW! Laura	Yoga 6:00-6:50am Susan		Yoga 7:00-8:00am Staci/Jodi	
				NIA – 9:20 – 10:10 NEW!Sandi		
Yoga/Pilates 11:05-12:00pm Jodi	Stretch 101 11:35-12:00pm Pam	Tai Chi 11:05-12:00pm Sherry	Stretch 101 11:35-12:00pm Pam	Tai Chi 11:05-12:00pm Sherry		
						Yoga 12:00-1:00pm Jamie/Chantelle
	Yoga 1:00 – 2:00pm Jill		Yoga 1:00-2:15pm Michelle			
Power Yoga 4:00-4:55pm Jamie						
Yoga 7:05-8:05pm Karen	Yoga 7:05-8:20pm Victoria		Pilates 7:15-8:15pm Marty			

Yoga – This class teaches you all the fundamentals of asana yoga; how to breath, and move, stretch and relax. End results show gains in flexibility and strength.

Yoga/Pilates – A combination of yoga and pilates classes.

Stretch 101 – This class is for every body. Gentle stretches to all major muscle groups will help you improve your range of motion.

NIA – Join the free spirited dance class that incorporates big movements, tai chi, and fun all in one. Taught by a certified NIA instructor.

Tai Chi – Tai Chi is a century old system of health and self-defense. It is thought of as “new age dance.” Through a series of postures you will learn how to relax and move towards optimal health in addition to life protection benefits. Friday class incorporates fan work into the workout.

Power Yoga – This class moves through the progression of movements at an intermediate pace. In addition it adds more challenging asanas. Along with flexibility and strength gains, expect a cardiovascular workout too.

Pilates – A workout that is relaxed and it improves strength, flexibility and creates a body that is long and lean. Work focuses on the core muscles. A program that works for everyone.

****If you wish to use the Aerobics room for activities other than classes please check with the front desk before you begin such activities. Thank You!!**

If you have Questions or comments – Please contact Penny Luthens, Senior Wellness Director @ 515 645 3343 or penny.luthens@dmymca.org