



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MIND & BODY - SOUTH SUBURBAN YMCA

## GROUP EXERCISE STUDIO

## SUMMER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>Cardio Barre</b> 5:10-6:00a <b>Megan E.</b>		
	<b>Pilates</b> 8:00-8:40a <b>Cindy B.</b>					
	<b>Yoga Essentials</b> 8:45-9:30a <b>Ann Y.</b>		<b>Yoga Essentials</b> 8:30-9:30a <b>Brittney M.</b>			
				<b>Cardio Barre</b> 10:30-11:15am <b>Kim U.</b>		
		<b>Barre</b> 11:00-11:45am <b>Kris W.</b>				
	<b>Breathe &amp; Flow Yoga</b> 4:45-5:30p <b>Lori J.</b>	<b>Cardio Barre</b> 4:45-5:25p <b>Megan E.</b>	<b>Expansion Yoga</b> 4:45-5:30p <b>Teri Lynn D.</b>			
<b>Gentle Yoga</b> 6:35-7:30p <b>Gail P.</b>						<b>NEW CLASS</b>

### South Suburban YMCA

Tricia Brock, Mind & Body Program Coordinator

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June 2019 9



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## **MIND & BODY CLASS DESCRIPTIONS:**

**Barre:** An invigorating complete body workout fusing ballet, Pilates and yoga to create a strong core and sculpted lean muscles.

**Breathe & Flow Yoga:** Breath and movement combine to create harmony and help you find a yoga practice that is both energizing and relaxing. Utilizing foundational yoga poses with options to add or reduce intensity.

**Cardio Barre:** Kick barre class up a notch by adding cardio moves!

**Expansion Yoga:** Pulling in mentally and expanding out physically. A moderate intensity class for those wishing to expand their yoga practice while also offering less intense options. Let your practice be open to possibilities!

**Gentle Yoga:** This class will move at a slower pace than Yoga and is the most gentle of our yoga classes. Great for the beginner, this class uses restorative poses and supportive yoga props.

**Pilates:** A total body conditioning method combining flexibility, strength and balance. The purpose of this class is to focus on improving posture as well as your core.

**Yoga Essentials:** Welcomes all levels! This class provides a solid foundation for movement-based yoga. Includes basic poses, fundamentals of alignment, & yogic breathing. This class will lead you towards balancing mind, body & spirit.

**SCHEDULE NOTE:** New schedules begin the Monday of the first full week of the month with the exception of January 1.

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