



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPIRIT, MIND & BODY - WAUKEE FAMILY YMCA

STUDIO C

SUMMER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breathe & Flow Yoga 5:10-6:00am Hortencia G.	Energy Flow Yoga 5:10-6:00am Nikki T.	Breathe & Flow Yoga 5:10-6:00am Stacie C.			
	Gentle Yoga 7:00-7:45am Hortencia G.		Mellow Movement Yoga 7:00-7:45am DeAnn W.		Breathe & Flow Yoga 7:00-8:00am Hortencia G.	
Tai Chi 8:20-9:20am Sherry L.					Barre 8:15-9:15am Allison S.	
Yoga Strength 9:30-10:20am Chong S.	Barre 9:30-10:15am Terri T.	Pilates 9:30-10:20am Mary P.	Cardio Barre 9:30-10:15am Rachel A.	Pilates 9:30-10:20am Jolene D.	Tai Chi for Health 9:30-10:20am Canh H.	
Cardio Barre 10:30-11:15am Chong S.	Breathe & Flow Yoga 10:30-11:30am Tricia B.	Cardio Barre 10:30-11:15am Billi H.	Yin Yoga 10:30-11:30am Kim R.	Expansion Yoga 10:30-11:30am Aiko K.		
Yoga Essentials 12:00-1:00pm Julie T.	Mellow Movement Yoga 12:00-1:00pm Cynthia R.	Energy Flow Yoga 12:00-1:00pm Julie T.	Mellow Movement Yoga 12:00-1:00pm Cynthia R.	Energy Flow Yoga 12:00-1:00pm Chong S.		
Breathe & Flow Yoga 4:30-5:20pm Greta S.				Yoga Strength 4:30-5:20pm Betty G.		Cardio Barre 1:30-2:15pm Rachel A.
Cardio Barre 5:30-6:15pm Ashley P.	Bollywood 5:30-6:30pm Himanshu P.	Cardio Barre 5:30-6:15pm Beth Z.	Core Revolution 5:30-6:15pm Beth Z.	Breathe & Flow Yoga 5:30-6:15pm Betty G.		Yoga 2:30-3:30pm Amy H. /Karin E.
Energy Flow 7:00-7:55 pm Hallie B.	Breathe & Flow Yoga 7:00-7:55pm Aiko K.		Mellow Movement Yoga 7:00-7:55pm Rachel M.			

Waukee Family YMCA

Tricia Brock, Mind & Body Program Coordinator
P: 515.868.0504 E: Tricia.Brock@dmymca.org
June 2019 36/4



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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!

Core Revolution: Crunches and sit-ups aren't the only way to obtain strong abdominals. By focusing on core endurance using a variety of exercises and equipment and using your deep stabilizers you will learn to take your core to the next level.

Energy Flow Yoga: Energy Flow is our offering for yoga lovers looking for an invigorating challenge. Expect advanced poses and deep flows to build strength, endurance and energy.

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.

Mellow Movement Yoga: Gentle yoga poses blended with thoughtful moving meditations. This class shares the same goals as our other yoga classes but at a lower intensity.

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.

Tai Chi: An ancient form of "soft" martial arts which is now practiced for benefits including increased strength, range of motion, the reduction of pain, better balance, posture and relaxation. It is appropriate for all ages and fitness levels.

Tai Chi for Health: This evidence based form of exercise is used to relieve pain, improve health and relieve stress. Approved by the Centers for Disease Control as a fall prevention program, it is easy to learn, appropriate for all levels & a great beginning program.

Yin Yoga: This is a Yoga class with an emphasis on lengthening the deeper connective tissues surrounding the joints through longer held, passive and gentle poses.

Yoga: This is a class that practices the sequencing of poses that are put together with the intention of gaining strength, flexibility and balance of the spirit, mind and body.

Yoga Essentials: 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.

Yoga Strength: Everything you love about yoga plus a total-body workout designed to work every major muscle group by blending yoga postures with light weights. The perfect complement to a regular yoga practice.

Schedule Note: All schedules begin the Monday of the first full week of the month with the exception of January 1.

Waukee Family YMCA

Tricia Brock, Mind & Body Program Coordinator
P: 515.868.0504 E: Tricia.Brock@dmymca.org
June 2019 36/4