



MIND/BODY YOGA PILATES BARRE



SUMMER 2019 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga Sculpt (Studio 2) 6:00 AM (Derek)	Yoga Outdoors (Meet at desk) 6:00 AM (Kris)	Barre Burn (Studio 2) 8:30 AM (Julie)	Yoga II (Mind Body) 7:00 AM (Staff)	Int Strength Yoga (Mind Body) 6:00 AM (Niki)	Yoga I / II (Mind Body) 7:30 AM (Kris)	Yoga I / II (Studio 2) 9:30 AM (Sarah)
Barre Burn (Studio 2) 8:30 AM (Kristi)	Yoga / Barre (Studio 2) 7:30 AM (Staff)	Yoga II (Mind Body) 9:30 AM (Derek)	Yoga I / II (Mind Body) 8:30 AM (Niki)	Barre Burn (Studio 2) 8:30 AM (Kristi)	Pilates Mat Fusion (Studio 1) 8:00 AM (Angie)	
Yoga II (Mind Body) 9:30 AM (Ronda)	Pilates Formula (Studio 2) 9:30 AM (Angie)	Oasis Pilates (Studio 2) 10:30 AM (Angie)	Pilates Mat Fusion (Studio 2) 9:30 AM (Beth)	Yoga II (Mind Body) 9:30 AM (Sarah)	Barre Burn (Studio 2) 8:30 AM (Julie)	
Pilates Plus (Studio 2) 10:30 AM (Beth)	Yoga II (Mind Body) 9:30 AM (Sarah)	Yoga I (Mind Body) 10:30 AM (Niki)	Oasis Yoga I (Studio 2) 10:30 AM (Kristin)	Pilates I (Studio 2) 10:30 AM (Laura)	Yoga I (Studio 2) 9:30 AM (Mary)	
Yoga I (Mind Body) 1:00 PM (Sarah)	Gentle Yoga (Mind Body) 1:00 PM (Ronda)	Warm Water Pilates (Therapy Pool) 1:00 PM (Laura)	Yoga II (Mind Body) 10:30 AM (Andrea)	Warm Water Pilates (Therapy Pool) 12:00 PM (Laura)	Yoga II (Mind Body) 10:00 AM (Maggie)	
Yoga Sculpt (Studio 2) 4:30 PM (Sarah)	Pilates Mat Fusion (Studio 2) 5:30 PM (Laura)	Yoga II (Mind Body) 7:30 PM (Rebecca)	Gentle Yoga (Mind Body) 1:00 PM (Janet)	Yoga I (Mind Body) 1:00 PM (Derek)		
Pilates I (Mind Body) 5:30 PM (Tina)	Yoga II (Mind Body) 6:30 PM (Derek)		Yoga I / II (Mind Body) 4:30 PM (Maggie)	Yoga II (Mind Body) 5:00 PM (Yash)		
Yoga I (Mind Body) 6:30 PM (Mary Ann/Kristin)	Restorative Yoga (Mind Body) 7:30 PM (Derek)		Pilates Mat Fusion (Studio 2) 5:30 PM (Laura)			
			Restorative Yoga (Mind Body) 7:30 PM (Derek)			



Yoga Classes



Barre Classes



Pilates Classes

Classes above are located in Studio 2 and the Mind Body Studio. Warm Water Pilates meets in the Therapy Pool.
Please note that classes may be cancelled at any time due to low attendance.

SUMMER 2019 CLASS SCHEDULE

BARRE BURN: In this class, HIT meets the ballet bar with 30 minutes of intense cardio followed by 30 minutes of Barre work. Come and be energized!

GENTLE YOGA: Suitable for all levels. Recommended for pre and postnatal students as well as those who are dealing with chronic injuries or illness. You will find a softer, more nurturing Vinyasa flow with the focus on breath and mobility. This would be a great place to start if you're someone who might describe themselves as not flexible.

INTEGRATED STRENGTH YOGA: Yoga postures, bodyweight strength moves, isometrics and core work blend with deep flexibility and mental focus, make this class ideal for those looking to improve functionally for sport or daily living. Emphasis is on proper body alignment. All levels welcome.

OASIS YOGA 1: This class features a gentle format, and is great for stretching, strength, balance, and relaxation.

OASIS PILATES 1: A gentler, effective way to stay fit. Pilates is perfect for older adults because it does not have the impact on the body and joints that other forms of exercise may have. This format is a level 1 Pilates class taught at a pace that is slow and gentle.

PILATES 1: Learn the key principles of Pilates (correct breathing, proper posture and alignment) while engaging your powerhouse through a series of dynamic movements to strengthen and tone (lengthen) muscles, and improve posture and flexibility.

PILATES FORMULA: This multi-level class will effectively strengthen, tone, and lengthen the entire body through the Pilates method, high reps, and small movements. Light weights are used to achieve a chiseled upper body while the matwork targets the legs, glutes, abdominals and pelvic floor. This class improves posture and creates definition.

PILATES MAT FUSION: This is a blend of introductory to advanced mat-based training. Challenges include alternating breath rhythms, modification of exercises and flow. This class will incorporate the use of foam rollers, balls, bands, circles and weighted toning balls. Previous Pilates experience recommended.

PILATES PLUS: Define your abs, strengthen your back, and improve your posture. Challenge your core as you balance, strengthen and stabilize with powerful and efficient abdominal and pilates exercises.

RESTORATIVE YOGA: Suitable for all levels. Seated or lying down throughout this practice, you will find length through the connective tissue layers throughout the body. We will use time and gravity to find softness in the body.

WARM WATER PILATES: Challenge your core, balance, and overall body strength with Pilates principals in a warm water environment.

YOGA I: Suitable for all levels. Build your foundation in Vinyasa yoga getting to know the basics of our most common yoga postures. As you flow through your practice we will focus on alignment, slow things down, and allow you to reconnect with your breath.

YOGA I/II: Bring balance to both your mind and body through effort complimented by relaxation. Proper breathing and stretching techniques make this class a great stress reducer and energy booster.

YOGA II: Suitable for all levels. This dynamic Vinyasa flow class will challenge you throughout. We will build heat by linking our breath to our movement with a focus on balance, strength, and flexibility.

YOGA / BARRE: This hybrid class is a perfect pairing: yoga and barre. This class will get you flowing through Vinyasa sequences designed to warm and tone the body, combined with lower body work and ending with longer stretches, you are getting the best of both workouts! All levels welcome.

YOGA OUTDOORS: Begin your day in a mindful way. This alignment-based class with linked poses and longer holds builds strength and flexibility. Grounding and energizing, this class is suitable for all levels. During the summer, this class will meet at the front desk to go outdoors, weather permitting.