

specialty class schedule

April 12 - June 6, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30-11:45 am Vynsa Yoga Alicia (Dayton)	4:30-5:30 pm Tween Triple Threat Andrea (Selby)	6:00-7:00 am Fitness Yoga Infin (Western)	8:00-9:00 am Women on Weights Andrea (Selby)	10:30-11:30 am Fitness Yoga Cathy E (Western)	8:00-9:00 am Fitness Yoga Michelle (Western)	6:00 -7:00 pm Fitness Yoga Cathy (Western)
12:15-1:15 pm Intermediate Pilates Fran (Dayton)	5:30-6:30 pm Tai Pi Yo Libby (Western)	9:30- 10:30 am Sense of Balance Andrea (Western)	10:20-11:20 am Tai Pi Yo Libby (Western)		9:00- 9:55 am Creative Dance Fran (Dayton)	
1:30-2:30pm Beginning Pilates Fran (Dayton)		6:30- 7:30 pm Fitness Yoga Michelle (Western)	10:30-11:30 am Women on Weights Andrea (Selby)		9:10- 10:10 am Prenatal/Gentle Yoga Michelle (Western)	
5:30-6:30 pm TRX Training Troy (Western)		7:40- 8:40 pm Gentle Yoga Michelle (Western)	5:00-5:45 pm Tween Yoga Adrienne (Western)		10:00- 10:55 am Ballet Fran (Dayton)	
6:30-7:45 pm Kundalini Yoga Wes (Dayton)			6:30-7:45 pm Kundalini Yoga Stacey (Dayton)		11:00-11:55 am Creative Dance Fran (Dayton)	
					12:15- 1:15 pm Intermediate Pilates Fran (Dayton)	

specialty class descriptions

Specialty Classes are offered at an additional costs to members and nonmembers. Advance registration is required.

To select a class that best meets your needs, please see the class descriptions listed below.

Beginner

Beginning Pilates	Controlled exercises designed to strengthen core, improve flexibility, posture, and balance.
Gentle Yoga	Designed for those who have little or no previous yoga experience.
Prenatal Yoga	Designed for expectant mothers with focus on working within the body's abilities.

Intermediate

Intermediate Pilates	A more advanced Pilates class for those who have previously taken 12 Pilates classes.
Pilates Plus	A more advanced Pilates class incorporating fitness balls, bands and other equipment.

Multi

All Levels Yoga	Yoga postures will include modifications for those who require a gentle practice.
Fitness Yoga	Emphasis on traditional yoga poses, breathing techniques, balance and relaxation.
Kundalini Yoga	Strong emphasis on breath work, meditation and poses.
Sense of Balance	Simple low impact exercises and strength training to help improve balance.
Tai PiYo	Focus on integrating yoga, tai chi and pilates along with breathing techniques.
TRX	Use your own body weight as resistance, you'll develop lean muscle, build core strength and improve flexibility, balance and stability.

Youth

Beg/Int. Ballet	Technique with preparatory exercise, barre and center work.
Creative Dance	Intro to the elements of dance in a joyful, success-building environment.
Tween Yoga	Yoga practice for ages 9-15 that focuses on strength and flexibility
Tween Spin	Spinning class for ages 9-15.

