

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00 - 10:00 am Yoga Flow w/ Todd	9:00 - 10:00 am Yoga Flow w/ Lisa H
					10:30 - 11:30 am Yoga Flow w/ Todd	10:30 - 11:30 am Yoga Flow w/ Jenna
	11:00 - 11:45 am Yoga Flow w/ Jen W	11:00 - 11:30 am Yoga Nidra w/ Jill			<p>PLEASE NOTE:</p> <p>Prior to class, inform your instructor if you have any medical conditions or injuries which may affect your ability to exercise.</p> <p>Pregnant women must complete a PAR-med X for Pregnancy form.</p> <p>Please arrive to class on time, if you must leave early let the instructor know in advance.</p> <p>No cell phone use permitted during class.</p> <p>Studios and equipment are reserved for participants during class times.</p> <p><i>Classes may be recorded for our Fit on Demand channel so that you can access the workout from home. You will not be seen on camera unless you give consent.</i></p>	
12:15 - 1:00 pm Strength + Stretch w/ Hector	12:15 - 1:00 pm Pilates Mat w/ Dan	12:15 - 1:00 pm Barre Lite w/ Johanna	12:15 - 1:00 pm Barre Lite w/ Miriam	12:15 - 1:00 pm Yoga Flow w/ Lisa M		
1:30 - 2:15 pm Barre Lite w/ Olya	1:30 - 2:15 pm Yin Yoga w/ Irene	1:30 - 2:15 pm Yoga Flow w/ Emily	1:30 - 2:15 pm Flow & Meditation w/ Jill	1:30 - 2:15 pm Tone w/ Alesya		
				4:00 - 5:00 pm Yin & Meditation w/ Adina (starts Jan 29)		
5:15 - 6:00 pm Tone w/ Sandy	5:15 - 6:00 pm Barre Lite w/ Johanna	5:15 - 6:00 pm Pilates Mat w/ Chelsea	5:15 - 6:00 pm Strength + Stretch w/ Johanna			



Studio Class Descriptions

Barre Lite: workout includes a combination of ballet and Pilates inspired movements on the floor and at the barre. Lengthen and strengthen to move with grace and ease.

Yoga Flow: improve your flexibility, strength and balance in a flowing sequence of yoga poses. Bring peace to your mind and body.

Flow & Meditation: a 30 minute gentle yoga class, followed by a 15 minute guided meditation. A great combo to bring joy to the mind and body.

Pilates Mat: this class teaches a series of mat exercises with progressive options for all levels. Your Pilates practice will improve your strength, balance and flexibility.

Strength + Stretch: full body workout using lighter weights and moderate repetitions. End with a stretch to increase mobility & flexibility and reduce stress.

Tone: in this class you'll have a complete body workout using small balls, bands and body weight. Activate all your muscles including core, hips and postural muscles. Be strong and lean.

Yin Yoga: feel calm and rejuvenated in a slow-paced style of yoga with postures that are held for longer periods of time.

Yin & Meditation: a 45 minute Yin Yoga class followed by a 15 minute meditation.

Yoga Nidra: this powerful meditation technique will help reduce stress and connect your mind/body/spirit. Dress warmly in layers.