

YogaPilates

Effective **May-June 2017**

Find our Schedule online at
www.jccrochester.org
 Val Redmond 461-2000 x 271
 vredmond@jccrochester.org

Sunday

9:30am	Mixed Levels Pilates	60 min	Bev H
11:15am	Power Vibrant Yoga	75 min	Vee I
12:45pm	Yoga Basics	75 min	Krista K
2:15pm	Kundalini Yoga	90 min	Sat Dharm K

Monday

9:00am	Power Vibrant Yoga	75 min	Jen Z.
10:30am	Mixed Levels Yoga	75 min	Carrie B.
12:00pm	Gentle Yoga	75 min	Carrie B.
4:30pm	Yoga Basics	75 min	Dylan M
6:00pm	Mixed Levels Yoga	75 min	Dylan M

Tuesday

8:30am	Mixed Levels Pilates	60 min	Lynda S
10:00am	Energy Flow	60 min	Eileen H
11:15am	Mixed Levels Yoga	75 min	Wendy B
12:00pm	SilverSneakers® Yoga (UGX)	60 min	Joween O
5:00pm	Pilates Basics	60 min	Bev H
6:15pm	PIYo® Live	60 min	Karyn V

Wednesday

8:00am	Mixed Levels Pilates	60 min	Melissa D
9:15am	Balance Fusion	45 min	Bev H
10:30am	Power Vibrant Yoga	75 min	Becky S
4:30pm	Mixed Levels Yoga	75 min	Jen Z
6:00pm	Mixed Levels Pilates	60 min	Bev H
7:15pm	Power Vibrant Yoga	75 min	Vee I

Thursday

8:30am	Mixed Levels Pilates	60 min	Lynda S
9:45am	Mixed Levels Yoga	75 min	Wendy B
11:15am	Gentle Yoga	75 min	Carrie B.
12:00pm	SilverSneakers® Yoga (UGX)	60 min	Diane R
6:15pm	PIYo® Live	60 min	Barb H

Friday

8:30am	Tai Chi	60 min	Jean S
9:45am	Mixed Levels Yoga	75 min	Wendy B
11:15am	Shabbat Yoga (1st Fri of month)	60 mins	Wendy B

Saturday

9:00am	Mixed Levels Pilates	60 min	Melissa D
10:15am	Mixed Levels Yoga	75 min	Becky S
12:00pm	Power Vibrant Yoga	60 min	Liza S
1:15pm	Yin Yoga	60 min	Liza S

YOGA:

Gentle Yoga- Experience deep relaxation and pain free movement using basic yoga postures to build strength and flexibility. This class moves at a slower pace to encourage gentle stretching and the use of props for support. **Suitable for all levels*

Kundalini Yoga- Work every aspect of your body, mind, and being with this dynamic blend of breath, movement, stretching, mantra, meditation, relaxation, and more. Kundalini yoga is a relaxing way to promote flexibility, cardiovascular capacity, weight control, and stress management. **Suitable for all levels*

Mixed Levels Yoga- This class is perfect for the yoga student looking to advance their practice or a newcomer looking for a more challenging option. More challenging postures are introduced, poses are held longer, and refinements in alignment are taught. A great way to experience the mind/body connection. **Suitable for all levels*

Power Vibrant Yoga- This challenging class offers a sequence of poses flowing together to maximize strength and flexibility. Get a great workout and leave feeling refreshed and relaxed. **Previous yoga experience recommended*

SilverSneaker® Yoga-

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. **Suitable for all levels*

Shabbat Yoga- Welcome a peaceful Shabbat into your body, mind and spirit. Gentle yoga movements and restorative yoga poses are infused with Jewish teachings as a way to deepen your entry into Shabbat. Shalom. (First Friday of the month) **Suitable for all levels*

Yoga Basics- Perfect for the new student working on building an active yoga practice. Learn the basic principles of alignment and introductory poses. Experience the benefits of yoga to transform the body and the mind. **Suitable for all levels*

Yin Yoga- A restorative class designed to release tension, calm the nervous system, and teach the body to sit still. With the gentle support of props, students passively stretch and energize the deep connective tissues of the body, open the joints, and restore alignment. **Suitable for all levels*

PILATES:

Mixed Levels Pilates- A great class for those looking to learn the basic principles of Pilates and work on more challenging exercises. **Suitable for all levels*

Pilates Basics- Learn the basic principles of Pilates mat exercises to build core strength. This class is a great way to improve posture, develop longer, leaner muscles to help you look and feel great. **Suitable for all levels*

COMBO / OTHER:

Energy Flow- Experience gentle, rhythmic movements to reduce stress, build stamina, increase vitality, and enhance wellbeing. Improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. **Suitable for all levels*

PIYo® Live- combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. And... we crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean and defined. Modifications makes this suitable for everyone.

TAI CHI: an ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety, a form of "meditation in motion." Advocates claim that it promotes serenity and inner peace and is *one of the most effective exercises for health of mind and body. Suitable for all.*