

# YogaPilates

Effective **March 1-31 2017**

Find our Schedule online at  
[www.jccrochester.org](http://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  |
| 9:45am  | 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 | Betsy L  |

## 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   |
| 12:00pm | Barefoot Bootcamp    | 45 min | Betsy L   |
| 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   |
| 5:00pm  | Pilates Basics             | 60 min | Lisa B    |
| 6:15pm  | PIYo® Live                 | 60 min | Betsy L   |

## 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:

**Barefoot Bootcamp-** a high energy, low impact class designed to improve flexibility, coordination and balance using your body weight and small equipment. Improve flexibility, coordination, and balance with an amazing core training. *\*Suitable for all.*

**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.*



**A minimum of 10 regular participants are required to keep the classes on the schedule. Classes are subject to change.**