

Fall 2009 Yoga and Pilates Classes

Schedule effective from September 21-December 18

All classes held in the Multipurpose Room unless otherwise noted

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-----------------------------------|---|---|---|
| 8-9am Morning Yoga-Jayadeva | | | | |
| 9:15-10:15am Advanced Yoga-Jayadeva 9/28-11/9 ONLY | 9:30-10:30am Power Yoga-Andrew | | 9:30-10:30am Power Yoga-Andrew | |
| | | 12-1pm Hatha Yoga: Open Level-Tori <i>Martial Arts Room</i> | | 12-1pm Hatha Yoga: Open Level-Tori <i>Martial Arts Room</i> |
| | 1-2pm Vinyasa Yoga-John Frank | | 1-2pm Vinyasa Yoga-John Frank | |
| 4-5pm Basic/Intermediate Pilates- John Henry (10 weeks) <i>Dance Studio</i> | | | 4-5pm Basic/Intermediate Pilates- John Henry (10 weeks) <i>Dance Studio</i> | SUNDAY |
| 5-6pm Basic/Intermediate Pilates- John Henry (10 weeks) <i>Dance Studio</i> | 5:15-6:30pm Power Yoga-Hojoung | 5:15-6:30pm Power Yoga-Linda | 5-6pm Basic/Intermediate Pilates- John Henry (10 weeks) <i>Dance Studio</i> | 12:30-1:45pm Power Yoga-Michael/Hojoung |
| 5:15-6:30pm Power Yoga-Linda | | | 8-9:15pm Evening Yoga-Jayadeva | |
| 6-7pm Intermediate/Advanced Pilates-John Henry (10 weeks) <i>Dance Studio</i> | | | | |

CLASS DESCRIPTIONS

ADVANCED YOGA-If you have been practicing for some time and want to go deeper, learn some more challenging postures and other yoga practices, here is an opportunity to study with a senior yoga instructor who has been called a teacher's teacher. Jayadeva began teaching yoga in 1969 and has trained hundreds of yoga instructors as well as managed one of the nation's oldest and largest yoga centers. He asks that students commit to regular attendance so everyone can progress together.

BASIC/INTERMEDIATE PILATES (10 Weeks)-No previous Pilates mat experience is required. Sessions 1-4 emphasize the fundamentals of Pilates and competency in all Basic and Intermediate mat exercises. Sessions 5-10 promote the practice of these exercises as a continuous connected flow, introducing more advanced levels as well as some advanced exercises. This mat program is suitable for any level.

EVENING YOGA-This fun, comprehensive yoga class includes postures and yogic breathing practices, deep relaxation and meditation.

HATHA YOGA: OPEN LEVEL-Students who appreciate the rigor of “power yoga” will find this class just as challenging, but in a different way. Enabled by precise instruction regarding alignment and the use of breath, students hold poses for longer periods of time, exploring their subtle effects on the body and mind. In addition to familiar poses, students will explore backbends, inversions and arm balances. All are welcome.

INTERMEDIATE/ADVANCED PILATES (10 weeks)-This class builds on the foundation of the Basic/Intermediate mat program. It is designed for those with previous experience in Pilates. Emphasis is placed on doing the exercises in a continuous flow, mastering the fundamentals, learning more advanced forms of the Basic/Intermediate program and progressively including Advanced Pilates mat work. Participants are always encouraged to work at an appropriate level, modifying or eliminating exercises when needed.

POWER YOGA: OPEN LEVEL-A vigorous, strength-building style that sequences asanas (postures) with the breath creating a vinyasa/flow. This is a moderately paced class with emphasis on Sun Salutations, coordination of breath with movement combined with internal awareness that releases stress and tension.

VINYASA YOGA-A yoga class that has the practitioners flow from one person to another, while synchronizing the breath with the movement. The benefits of the class include increased flexibility, strength and stamina; as well as improved concentration and a sense of relaxation. Appropriate for all levels, although general fitness is helpful.

REGISTRATION

Annual/Semester Passes and Punch Cards are accepted in any Yoga or Pilates class. Participants MUST show their pass/card at each class or may be denied entry. There will be NO REFUNDS on punch cards or passes. Semester passes expire on 12/18/09; all punch cards/annual passes will expire on 6/30/10.

Annual Pass-\$325

Semester Pass - \$170

Semester Group Fitness/Yoga/Spinning Pass-\$225

12 Punch Card - \$75

24 Punch Card - \$110

36 Punch Card - \$130