



Spring 2018  
 Room 4 @ Tom Taylor Family YMCA  
 April 1st - June 30th

10550 Harbor Hill Drive  
 Gig Harbor, WA 98332  
 (253)853-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
6am			<b>Pilates</b> 6:30am - 7:30am				
7am		<b>Yoga Stretch</b> 7:30am - 8:45am		<b>Yoga Stretch</b> 7:30am - 8:45am	<b>Yoga Stretch</b> 7:30am - 8:45am	<b>Yoga</b> 7:30am - 8:30am	
9am	<b>Yoga - Gentle</b> 9am - 10am	<b>Pilates</b> 9am - 10am	<b>Pilates</b> 9am - 10am	<b>Pilates</b> 9am - 10am	<b>Barre</b> 9am - 10:30am	<b>Yoga - Gentle</b> 9:30am - 10:45am	<b>Yoga - Gentle</b> 9am - 10am
10am	<b>Yoga</b> 10:15am - 11:15am	<b>Yoga</b> 10:15am - 11:30am	<b>Yoga - Gentle</b> 10:30am - 11:30am	<b>Yoga</b> 10:15am - 11:30am			<b>Yoga - Yin</b> 10:15am - 11:15am
11am	<b>Yoga - Chair</b> 11:30am - 12:15pm	<b>Martial Arts - Tai Chi</b> 11:45am - 12:30pm	<b>Yoga</b> 11:45am - 12:45pm	<b>Martial Arts - Tai Chi</b> 11:45am - 12:15pm	<b>Yoga</b> 11am - 12pm	<b>Yoga - Hatha</b> 11am - 12:15pm	
12pm		<b>Martial Arts - Tai Chi</b> 12:30pm - 1:30pm		<b>Martial Arts - Tai Chi</b> 12:30pm - 1:30pm	<b>Dance Adult Tap</b> 12:30pm - 1:30pm		
4pm	<b>Barre</b> 4:30pm - 5:45pm		<b>Barre</b> 4:30pm - 5:45pm				<b>Yoga</b> 4:15pm - 5:30pm
6pm	<b>Yoga</b> 6pm - 6:45pm	<b>Martial Arts - Tai Chi</b> 6pm - 7pm	<b>Pilates</b> 6pm - 6:45pm	<b>Yoga</b> 6:30pm - 7:30pm			
7pm	<b>Yoga</b> 7pm - 8pm	<b>MixedFit®</b> 7:15pm - 8:15pm	<b>Yoga</b> 7pm - 8pm		<b>6, 7, 8 Nite</b> 7:30pm - 10:30pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

For further schedule information, including class description, instructor names, lap lane availability or program notifications please visit us at [www.ymcapk.org](http://www.ymcapk.org) or on our mobile application.

**Holiday Hours;**

Easter | April 1, CLOSED

Memorial Day | May 28, 7am-3pm



## Class Descriptions Tom Taylor Family YMCA

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**6, 7, 8 Nite** - 6, 7, 8 Nite encourages the development of youth in grades 6-8 by providing a safe environment, consistent adult involvement, and fun activities that foster excellence and a positive attitude.

**Barre** - Use the ballet barre, light weights, isometric exercises, and balance to firm, lengthen, lift, and sculpt the core, arms, thighs, and glutes.

**Dance Adult Tap** - Get ready to make some noise! A dance in which the rhythm is sounded out by clicking taps on the heels and toes of the dancer's shoes. Tap shoes required. For ages 15 and older.

**Martial Arts - Tai Chi** - Tai Chi generates and circulates vital energy around the body by following certain principles of movement, posture and breathing.

**MixedFit®** - Combine explosive dancing and boot camp toning for a fun and effective workout.

**Pilates** - Increase core strength through gentle rhythmic movements focusing on breath, flexibility, strength, and core stabilization.

**Yoga** - Control breathing through a series of flowing movements designed to strengthen and lengthen muscles while developing a mind-body connection. Guidance through yoga postures improves strength, balance and flexibility.

**Yoga - Chair** - Chair support is offered to safely perform seated and standing postures designed to increase flexibility, balance, and range of movement. Breathing and relaxation exercises promote stress reduction and mental clarity.

**Yoga - Gentle** - Alignment, core strength, flexibility and relaxation, are the focus of class and is accessible to all. Ideal for those preferring a more gentle practice.

**Yoga - Hatha** - Hatha yoga uses bodily postures, breathing techniques, and meditation with the goal of bringing about physical health and mental well-being and is most widely practiced in America.

**Yoga - Yin** - Build strength, flexibility and balance through bodily postures, breathing techniques, and meditation.

**Yoga Stretch** - A continuous flow of Yoga Asanas and stretches that help to strengthen and lengthen the body with proper breathing techniques to relax and release tension.