



Effective September 8

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPIRIT, MIND, BODY SCHEDULE

GORDON FAMILY YMCA

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

| | | | | | | |
|---|--|---|--|---|---|--|
| | | 8-9:15am Yoga Spirit, Mind, Body Room | | | | |
| 9:15-10:15am Yoga Spirit, Mind, Body Room | 9:15-10:15am Gentle Yoga Spirit, Mind, Body Room | 9:30-10:30am Barre Spirit, Mind, Body Room | 9:15-10:15am Gentle Yoga Spirit, Mind, Body Room | 9:15-10:15am Yoga Spirit, Mind, Body Room | | 9:15-10:30am Gentle Yoga Spirit, Mind, Body Room |
| 10:15-11am Chair Yoga Multipurpose Room 1 | | 10:15-11am Chair Yoga Multipurpose Room 1 | | 10:15-11am Chair Yoga Multipurpose Room 1 | | 12:30-1:30pm Family Yoga Spirit, Mind, Body Room |
| 10:30-11:30am Barre Spirit, Mind, Body Room | 10:30-11:30am Pilates Spirit, Mind, Body Room | 10:45-11:45am Piyo@ Spirit, Mind, Body Room | 10:30-11:30am Pilates Spirit, Mind, Body Room | 10:30-11:30am Barre Spirit, Mind, Body Room | 10:30-11:30am Barre Spirit, Mind, Body Room | |
| 12-1pm Yoga Spirit, Mind, Body Room | 12-1pm Barre Spirit, Mind, Body Room | 12-1pm Yoga Spirit, Mind, Body Room | 12-1pm Barre Spirit, Mind, Body Room | 12-1pm Yoga Spirit, Mind, Body Room | | |
| 5:30-6:30pm Barre Spirit, Mind, Body Room | 5-6pm Yoga Spirit, Mind, Body Room | 5:30-6:30pm Barre Spirit, Mind, Body Room | 5-6pm Yoga Spirit, Mind, Body Room | 4-5:15pm Yoga Spirit, Mind, Body Room | | |
| 7-8pm Yoga Spirit, Mind, Body Room | 6:15-7:15pm Pilates Spirit, Mind, Body Room | 7-8pm Gentle Yoga Spirit, Mind, Body Room | 6:15-7:15pm Pilates Spirit, Mind, Body Room | | | |
| | 7:30-8:30pm Yoga Spirit, Mind, Body Room | | | | | |

Program Descriptions

| CLASS NAME | DESCRIPTION |
|--------------------|---|
| Barre | Use the ballet barre, light weights, isometric exercises, and balance to firm, lengthen, lift, and sculpt the core, arms, thighs, and glutes. |
| Family Yoga | Participants are skillfully and gently guided through yoga postures to improve strength, balance, and flexibility. Class is tailored for family participation. |
| Gentle Yoga | Alignment, core strength, flexibility and relaxation, are the focus of class and is accessible to all. Ideal for those preferring a more gentle practice. |
| Chair Yoga | Develop strength, flexibility, balance, and restoration with the stability of a chair. Class offers the benefits of yoga through a safely guided practice. |
| 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. |
| Pilates | Increase core strength through gentle rhythmic movements focusing on breath, flexibility, strength, and core stabilization. |
| Piyo® | Build strength and gain flexibility in this choreographed program that combines the elements of Yoga and Pilates with energy, power and rhythm. Appropriate for all fitness levels. |