

# Body & Mind Schedule

January 9 to May 26, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 to 9:15 a.m.						75-minute Community Yoga with Megan *
9 to 9:55 a.m.		Yoga I/II with Megan		Gentle Yoga with Megan		
10:15 to 11:10 a.m.				Pilates Matwork with Kelly		
5:15 to 6:10 p.m.				Gentle Yoga with Megan		
6:30 to 7:25 p.m.		Yoga Basics with Janine		Yoga 1/2 with Megan		

\* Excluded from Flex Card

## Meet your instructors

**Janine Chenoweth, Yoga Instructor** — Teaching experience: Seven years. Practicing experience: 12 years. Certification: Expert Rating Global Certifications — yoga certification.

**Kaylan Groen, Yoga I Instructor/Licensed Athletic Trainer** — Yoga experience: Two years. Kaylan has been working in sports medicine for five years. Kaylan is yoga certified through the American Aerobic Association International.

**Megan MacCarthy, Yoga Instructor** — Teaching experience: Two years. Practicing experience: 20 years. Certification: Yoga Alliance 200-hour Registered Yoga Teacher, Yoga of the Heart™ Therapeutic Certification. Vinyasa flow style incorporates Anusara's Universal Principles of Alignment.

**Kelly Wehrly, Fitness Instructor** — Experience: 23 years. Certifications: SCW-EDU Pilates Matwork Fundamentals Instructor, Aerobics and Fitness Association of America — Group Exercise Instructor, and Les Mills BODYPUMP Instructor.

## Flex Card

Our Body & Mind program provides value and flexibility to fit your busy lifestyle. You may purchase a six- or 12-class Body & Mind Flex Card and attend any of our adult 55-minute Body & Mind classes (excludes Saturday 75-Minute Community Yoga and any workshops). The Flex Card has no expiration date, allowing you to attend a variety of classes. You also have the option to pay on a per-class basis. Purchase your Body & Mind Flex Card at the service desk.

### Flex Card prices

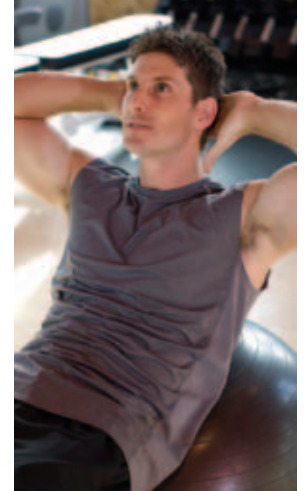
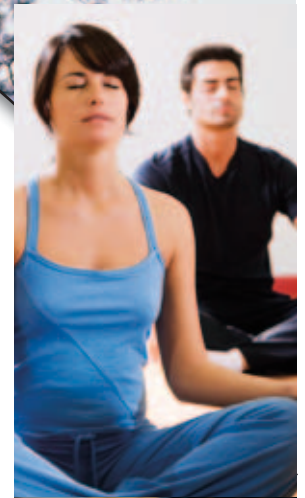
**6-class card:** \$45 members/\$60 non-members

**12-class card:** \$80 members/\$110 non-members

**55-minute drop-in fee:** \$9 members/\$12 non-members

*Refunds will not be issued.*

We reserve the right to cancel any class with consistently low enrollment.



# Class descriptions

## Yoga Basics

Guests of our Yoga Basics class will enjoy a variety of entry-level fluid yoga movements and poses. Designed to increase strength, balance and flexibility, the gentle movements performed are appropriate for all individuals. Emphasis on breathing and relaxation will help to decrease stress and tension. Modifications will be offered for entry-level participants.

## Yoga I/II

This class combines the holding of poses for strength and a Vinyasa flow style using a dynamic system of poses and linking breath to movement to improve endurance. The movements also will build heat, flexibility and concentration. The focus will be on alignment and refining postures while balancing the mind. Regular practice is recommended.

## Saturday 75-Minute Community Yoga

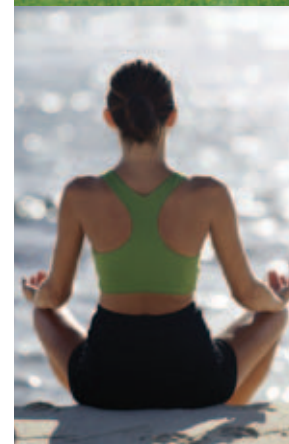
This class is open to all levels. Strengthen the mind-body connection by learning to link the breath with basic poses and Sun Salutations. Props will be offered and modifications for each pose will be given, making this class appropriate for all abilities. Start wherever you are now to learn to reach your maximum “edge,” build strength and flexibility, and restore with meditation and breathing. Excluded from Flex Card. Cost per class: \$10 members/\$15 non-members

## Pilates Matwork

Pilates is a series of controlled movements engaging your body and mind. This system will consist of quality movement patterns emphasizing the development of core strength and stability. This class is appropriate for individuals of all ages and fitness abilities. Movement patterns will be adjusted to accommodate individuals with physical limitations. Everyone participating will improve muscular strength, endurance, flexibility, postural alignment, as well as emotional outlook.

## Gentle Yoga

This class provides an unhurried, nurturing environment for you to relax and gently stretch. With less emphasis on form, this calming style of yoga encourages you to let go. Poses are held using blankets, blocks and straps to gently open and support the body. Slow, gentle movement encourages release of the deep tissue while working within the integrity of your own body. With the focus on stress reduction, this class will have a positive therapeutic impact during times of illness, injury, pain and other stressors, making it suitable for anyone with limited mobility, those recovering from injury, or those interested in prevention and healing. Breathing techniques, imagery and meditation also will be used to promote self healing.



### Severe weather

*Please check WTMJ Channel 4 for class cancellation notices.*