

YOGA



SAW MILL CLUB · EAST

Schedule

November 2024 Effective Nov 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
9:45–10:45AM Monday Morning Yoga Flow Mekea	6:30–7:15AM Pilates Express Tammi	9:45–10:45AM Vinyasa Yoga Flow Kailey	6:30–7:30AM Yoga for Men Lou				
11:00AM–12:00PM Restorative Mekea	7:30–8:30AM Hatha Yoga Flow Tammi	11:00AM–12:00PM Restorative Kailey	9:45–10:45AM Vinyasa Yoga Flow Marisa				
	9:45–10:45AM Vinyasa Yoga Flow Lyn		11:00AM–12:00PM Pilates Jen				
5:00–6:00PM ★ Yoga for Athletes Laurence	11:00AM–12:00PM Pilates Heather	4:30–5:30PM Yoga Sculpt Lyn	5:30–6:15PM Core-Lates Flow Express Michelle				
6:30–7:30PM Vinyasa Yoga Flow Nadeje	7:30–8:30PM Slow Yoga Flow Roxanne	7:30–8:30PM Vinyasa Flow Roxanne	6:30–7:30PM Restorative Michelle				

FRIDAY		SATURDAY		SUNDAY		Key	
7:30–8:30AM Vinyasa Flow Yoga Roxanne	9:00–10:15AM Hatha Yoga Flow 75 Mekea	8:30–9:30AM Hatha Yoga Flow Tammi			★	New Class	
9:45–10:45AM Vinyasa Yoga Flow Anna B.	10:30–11:30AM Prenatal/Postpartum Mekea	9:45–10:45AM Vinyasa Yoga Flow Laurence			😊	New Instructor	
11:00AM–12:00PM Restorative Mekea	10:45–11:45AM Vinyasa Yoga Flow Anna				🕒	New Time	
12:30–1:30PM Lunch Time Yoga Flow Mekea							
5:30–6:30PM Candlelight Yoga & Meditation Anna B.							

Core-Lates Flow Express: Pilates inspired core focused yoga flow using your deep core and supporting muscles. It aims to build strength from the deepest muscles using light weights and resistance training.

Restorative Yoga - Cultivate mindfulness and release stress and find physical, mental, and emotional relaxation. Restorative Yoga is appropriate for all levels, and is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

Slow Flow Yoga - Enjoy a slower flow class that is sandwiched between a longer warm up and cool down. Attention is paid to building strength, balance and functional alignment from the ground up, feet to finger tips.

Vinyasa Yoga Flow - Free your body & mind in this faster paced vinyasa style class where each movement and pose is linked with breath. The flow will include poses and transitions that promote strength building, core awareness and flexibility for the whole body.

Yin Yoga - Yin yoga works deeply into our body with passive, longer-held poses. Yin yoga targets the deepest tissues of the body, our connective tissues

– ligaments, joints, bones, and the deep fascia networks of the body. Yin yoga improves the energy flow, enhancing the flow of chi in the organs. Yin yoga also offers wonderful emotional and mental health benefits.

Yoga for Athletes - designed to support athletic performance by enhancing flexibility, balance, strength, and mental focus. This class typically emphasizes poses and sequences that target areas athletes often overuse or neglect, such as hamstrings, hips, shoulders, and the lower back. It also incorporates breath work and mindfulness techniques to improve body awareness, reduce stress, and aid in recovery. Classes may include dynamic stretching, balance work, and mobility exercises, aiming to prevent injuries and optimize overall athletic performance. Suitable for all athletic levels, from beginners to seasoned professionals.

Pilates - Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with breathing patterns. Our Pilates is done on a mat and is core focused.