

Class Schedule Fall 2008 Effective 10/3/08

Monday

9:30-10:45
Vinyasa Flow (Level 2-3)
 Amy C

11:00-12:15
Hatha-Vinyasa (Level 1)
 Basil C

7:15-8:30PM
Yoga Stretch (Level 1-2)
 Helen AS

7:15-8:30PM **NEW!**
Hatha-Vinyasa (All Levels)
 Dorothy A

8:30-9:30PM **NEW!**
Vinyasa Flow (Level 2-3)
 Dorothy C

Tuesday

6:30-7:45
Hot Power Yoga (Level 2)
 Joe C

9:30-10:45
Hot Vinyasa (Level 2-3)
 Alison C

11:00-12:15
Hatha-Vinyasa (Level 1-2)
 Amy C

4:30-5:45
New Beginners
 Dorothy C

6:00-7:00 **NEW TIME!**
Hatha Yoga (Level 1-2)
 Satveer A

6:00-7:00
Spinning into Yoga
 Dorothy SPIN

7:15-8:30
Hatha-Vinyasa (All Levels)
 Dorothy C

Wednesday

9:30-10:45
Vinyasa Flow (Level 2-3)
 Becky C

11:00-12:15
Hatha-Vinyasa (Level 1-2)
 Basil C

6:00-7:00PM
East-West Warrior (Level 2)
 Dorothy A

7:15-8:30PM
Hatha-Vinyasa (All Levels)
 Dorothy A

8:30-9:30PM **NEW!**
Vinyasa Flow (Level 2-3)
 Dorothy A

Thursday

6:30-7:45
Hot Power Yoga (Level 2)
 Joe C

9:30-10:45
Hot Vinyasa (Level 2)
 Alison C

11:00-12:15
Hatha-Vinyasa (Level 1-2)
 Becky C

4:30-5:30PM
New Beginners
 Dorothy A

5:30-6:30PM
Hatha-Vinyasa (All Levels)
 Dorothy Squash

6:30-7:15PM
Spinning into Yoga
 Dorothy SPIN

7:30-8:45PM
Hatha-Vinyasa (All Levels)
 Dorothy C

Friday

9:30-10:45
50+ Gentle Yoga (Level 2)
 Lydia C

11:00-12:15 **NEW!**
Vinyasa Flow (Level 2-3)
 Basil C

10:30-11:30
Yoga Stretch (all Levels)
 Helen AS

Saturday

9:30-10:45
Vinyasa Flow (Level 2-3)
 Dorothy C

11:00-12:15 **NEW TIME!**
Hatha Yoga (Level 1-2)
 Satveer C

Sunday

9:00-10:15
Vinyasa Flow (Level 2)
 Joe C

4:00-5:15PM
Hatha-Vinyasa (all Levels)
 Liz/Elizabeth C

Basil Jones, CYT
 Creative Director of Yoga
 bjones@sawmillclub.com
 241-0797 ext 3216

KEY:
 BG Big Gym
 AS Aerobic Studio
 A Studio A
 B Studio B
 C Studio C
 SPIN Spin Studio

Private Yoga Instruction Available:
 \$75 per half-hour
 \$275 per block of 4

Styles and Descriptions of Yoga at SMC:

The bedrock of all styles of yoga rests in the cultivation of mindfulness, steadiness, and bliss within our beings. Finding a style and challenge level that is appropriate for your being is key in building a yoga practice that supports your whole being and personal growth.

Monthly Orientation to SMC Yoga (1st Wednesday of the month).

A general discussion about the foundations of building a successful yoga practice at the SMC.

Gentle to Moderate Classes:

Brand New Beginners - No previous yoga experience necessary. Students will learn the foundations of yoga and prepare to advance to deeper levels.

Hatha - Gentle and traditional yoga postures held for extended periods while focusing energy and awareness inwards.

Hatha Basics - Slower pace with extra instruction to learn the basics and foundations of Hatha Yoga.

Hatha-Vinyasa - "Flow and hold" fusion of hatha and vinyasa styles of yoga to improve concentration, inner strength, and endurance.

Spinning into Yoga - Spin class with yogic mindfulness. (precedes a yoga class geared towards spinners and runners)

Yoga Stretch - Designed by SMC's own Helen Ansari, a soothing fusion of yoga, fitness stretch and self-healing.

Moderate to Challenging Classes:

East-West Warrior - A challenging full mind-body workout bringing yoga, free weights, and meditation together for maximum results.

Hot Power Yoga - Vinyasa flow yoga in a room heated above 90 degrees to increase detoxification and promote weight loss.

Vinyasa Flow - Challenging and flowing yoga postures corresponding with breath inhalation or exhalation to create a dynamic mind-body experience.