

SOFT STUDIO



Fall 2018 (effective 10/1/18)

All classes and instructors are subject to change

Monday

8:30-9:30AM	Eve	Move & Restore
9:45-10:45AM	Vanessa	Power Vinyasa
11:00-12:15PM	Mekea	Restore
4:30-5:30PM	Jillian	Power Vinyasa
6:00-7:00PM	Jillian	Hatha Flow

Tuesday

7:15-8:15AM	Jillian	Vinyasa
8:45-9:30AM	Jillian ★	Power-Barre
9:45-10:45AM	Kristi M.	Vinyasa
11:00-12:00PM	Heather	Pilates Fusion
6:00-7:00PM	Heather	Pilates Fusion
7:15-8:15PM	Mekea	Restore

Wednesday

7:15-8:15AM	Eve	Hatha Flow
8:30-9:30AM	Eve	Move & Tone
9:45-10:45AM	Jillian	Power Vinyasa
11:00-12:15PM	Amy B.	Restore
4:30-5:30PM	Jillian	Power Vinyasa
6:00-7:00PM	Jillian ★	Vinyasa

Thursday

7:15-8:15 AM	Sara C.	Pilates Fusion
8:45-9:30AM	Jillian ★	Power-Barre
9:45-10:45AM	Marisa	Vinyasa
11:00-11:45PM	Anna W ★	Pilates Express
11:35-12:30	Eve	Move & Restore (Aerobic Studio)
6:00-7:00PM	Heather	Barre-lates
7:15-8:15PM	TBA ★	Hatha Flow

Friday

8:30-9:30AM	Eve	Roll & Restore
9:45-10:45AM	Amy B.	Vinyasa
11:00-12:15PM	Amy B.	Restore
11:30-12:15PM	Paulette	Pilates (Aerobic Studio)
5:30-6:30PM	Vanessa	Vinyasa

Saturday

8:30-9:30AM	Mekea	Hatha Flow
9:45-10:45AM	Jillian	Power Vinyasa
11:00-12:00PM	Paulette	Pilates

Sunday

8:30-9:30AM	Laurence 😊	Vinyasa
9:45-10:45AM	Paulette	Hatha

YOGA COMMUNICATIONS

Class cancellations, changes, subs, closures, delays, etc. are sent out via **oneteamtext** and/or posted on the **Saw Mill Club App**. Please visit the front desk for information on how to sign up!

Questions? Comments?
Contact Jillian Mukhuradze
Yoga Director
jmukhuradze@sawmillclub.com

Private Instruction
Available Upon Request

KEY: ★ = New Class 🕒 = New Time 😊 = New Instructor Class Descriptions On Other Side



This schedule reflects regularly scheduled classes. For the most up-to-date class information, changes and instructor substitutions please download the Saw Mill Club mobile app.

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Class Descriptions

Yoga

Restore: Gentle and traditional yoga poses held for extended periods while focusing energy and awareness inward. All levels.

Hatha: This beginner-friendly style of yoga is designed to improve strength, concentration, and endurance while introducing students to yoga poses and practices.

Hatha Flow: A flow and hold fusion of hatha and vinyasa styles of yoga to improve strength, concentration, and endurance. This class will provide an emphasis on core strengthening poses. All levels.

Vinyasa: A flowing style of yoga that will move you through a series of poses linked with your breath. This style of yoga moves fluidly and is designed to build heat. All levels.

Power Vinyasa: This multilevel class is a powerful, energetic form of yoga where students fluidly move from one pose to the next for a physically vigorous practice. Previous yoga experience suggested.

Pilates

Pilates: This method is a series of controlled exercises focusing on torso strength and stabilization as well as joint mobility. Pilates can increase your range of motion around a stronger more stable core. All levels.

Pilates Fusion: Tone and shape your entire body with this strength building workout! This class combines the technical aspects of pilates mixed with the structural dynamics of yoga and/or barre to create a comprehensive form driven workout. All levels.

Pilates Express: A 45-minute version our signature Pilates Fusion

Barre-lates: This class combines the core strengthening of Pilates with the unique muscle-toning of Barre Training. A truly perfect combination! All levels.

Power-Barre: This 45-minute full-bodied workout combines the unique muscle-toning of Barre with dynamic movement, cardio bursts and yoga stretches.

Movement

Move & Restore: A fun, non impact, therapeutic, cardiovascular workout for any BODY and any fitness level that reduces stress and prepares you for 30 minutes of restorative yoga. All levels.

Move & Tone: A deep core conditioning workout combined with stability and balance work using light weights, blocks foam rollers and balls. All levels.

Roll & Restore: A fusion of restorative yoga and the incredible benefits of myofascial massage through foam rolling. All levels.