

# YOGA STUDIO



Winter 2019 (effective 1/14/19)

All classes and instructors are subject to change

Monday	Tuesday	Wednesday	Thursday
	6:15-7:00AM <b>Power Express</b> ★ Laurence	7:15-8:15AM <b>Hatha Flow</b> Eve	6:15-7:00AM <b>Power Express</b> ★ Jillian
8:30-9:30AM <b>NIA</b> Eve	7:15-8:15AM <b>Vinyasa</b> Jillian	8:30-9:30AM <b>Vinyasa</b> ★ Jillian	7:15-8:00 AM <b>COREmix Express</b> ★ Jen P.
9:45-10:45AM <b>Power Vinyasa</b> Vanessa	8:45-9:30AM <b>COREmix Express</b> ★ Jillian	9:45-10:45AM <b>Power Vinyasa</b> Jillian	8:45-9:30AM <b>Power Express</b> ★ Jillian
11:00-12:15PM <b>Restore</b> Mekea	9:45-10:45AM <b>Vinyasa</b> Kristi M.	11:00-12:15PM <b>Restore</b> Amy B.	9:45-10:45AM <b>Vinyasa</b> Marisa
	11:00-12:00PM ★ Mekea <b>Intro to...</b> (a new style each month)		11:00-11:45PM <b>Align</b> ★ 😊 Kate B.
4:30-5:30PM <b>Power Vinyasa</b> Jillian		4:30-5:30PM <b>Power Vinyasa</b> Jillian	
6:00-7:00PM <b>Vinyasa</b> ★ Jillian	6:00-7:00PM <b>COREmix</b> ★ Heather	6:00-7:00PM <b>Vinyasa</b> 😊 Linda	6:00-7:00PM <b>COREmix</b> ★ Heather
	7:15-8:15PM <b>Restore</b> Mekea		7:15-8:15PM <b>Hatha Flow</b> Mekea
Friday	Saturday	Sunday	
8:30-9:30AM <b>NIA</b> ★ Eve	8:30-9:30AM <b>Hatha Flow</b> Mekea	8:30-9:30AM <b>Vinyasa</b> Laurence	<b>YOGA COMMUNICATIONS</b> Class cancellations, changes, subs, closures, delays, etc. are sent out via <b>oneteamtext</b> and/or posted on the <b>Saw Mill Club App</b> . Please visit the front desk for information on how to sign up!  <b>Questions? Comments?</b> Contact Jillian Mukhuradze Yoga Director <a href="mailto:jmukhuradze@sawmillclub.com">jmukhuradze@sawmillclub.com</a>
9:45-10:45AM <b>Vinyasa</b> Amy B.	9:45-10:45AM <b>Power Vinyasa</b> Jillian	9:45-10:45AM <b>Hatha</b> Paulette	
11:00-12:15PM <b>Restore</b> Amy B.	11:00-12:00PM <b>COREmix</b> ★ Paulette		
11:30-12:15PM ★ Paulette <b>COREmix (Aerobic Studio)</b>			
5:30-6:30PM <b>Vinyasa</b> Vanessa			

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

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

**Align:** This breath centered yoga practice is focused on alignment and stability to increase strength and improve flexibility. All levels are welcome!

**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.

**Power Vinyasa Express:** A 45-minute version our signature Power Vinyasa.

**COREmix:** A class that fuses elements of Pilates and Barre Training with traditional Strength and balance principles. A SMCE signature workout!

**COREmix Express:** A 45-minute version our signature COREmix class.

**NIA:** A fun, non impact, therapeutic, cardiovascular workout for any BODY and any fitness level that reduces stress. All levels.