

# YOGA STUDIO



Spring 2019 (effective 4/15/19)

All classes and instructors are subject to change

Monday	Tuesday	Wednesday	Thursday
	6:30-7:30AM Vinyasa ★ □	7:15-8:15AM Hatha Flow	Eve 6:30-7:30AM Vinyasa ★ □
8:30-9:30AM NIA Eve		8:30-9:30AM Vinyasa Jillian	
9:45-10:45AM Vinyasa TBA	8:45-9:30AM COREmix Express Jillian	9:45-10:45AM Align & Flow ★ Jillian	8:45-9:30AM COREmix Express ★ Jillian
11:00-12:15PM Restore Mekea	9:45-10:45AM Power Vinyasa Jillian	11:00-12:15PM Restore Amy B.	9:45-10:45AM Power Vinyasa Marisa
	11:00-12:00PM Align ★ Kate B.		11:00-12:00PM Align Kate B.
4:30-5:30PM Power Vinyasa Jillian		4:30-5:30PM Power Vinyasa Jillian	
6:00-7:00PM Vinyasa Jillian	6:00-7:00PM COREmix Heather	6:00-7:00PM Vinyasa Linda	6:00-7:00PM COREmix Pilates ★ Heather
	7:15-8:15PM Restore Mekea		7:15-8:15PM Hatha Flow Mekea

Friday	Saturday	Sunday
8:30-9:30AM NIA Eve	8:30-9:30AM Hatha Flow Mekea	8:30-9:30AM Vinyasa Laurence
9:45-10:45AM Vinyasa Amy B.	9:45-10:45AM Power Vinyasa Jillian	9:45-10:45AM Hatha Paulette
11:00-12:15PM Restore Amy B.	11:00-12:00PM Pilates ★ Paulette	
11:30-12:15PM Pilates (Aerobic Studio) ★ Paulette		
5:30-6:30PM Vinyasa TBA		

**YOGA COMMUNICATIONS**

The Text Notification System will only be used for class changes, subs, cancellations, etc. occurring within 24 hours of a class. All changes will be updated on the Saw Mill Club App

**Questions? Comments?**  
Contact Jillian Mukhuradze  
Yoga Director  
[jmukhuradze@sawmillclub.com](mailto: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

**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.*

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

**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.*

**Align & Flow:** This class will deconstruct traditional yoga poses and rebuild with the intention of flowing on a more stable foundation. *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:** 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. *Moderate to Challenging levels.*

**Power Express:** A 45-minute version our signature Power Vinyasa. *Moderate to Challenging levels.*

**Pilates:** An exercise system focused on improving flexibility, strength, and body awareness. The method is a series of controlled exercises focusing on core strength and stabilization as well as joint mobility. *Introductory level.*

**COREmix Pilates:** The SMCE signature COREmix class with an extra dose of Pilates mat work. *Moderate level.*

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

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