

# YOGA STUDIO



Fall 2019 (effective 9/21/19)

All classes and instructors are subject to change

| Monday                       | Tuesday  | Wednesday   | Thursday   |
|------------------------------|--|---|--|
|                              | 7:15-8:15AM<br>Vinyasa<br>★                                    | 7:15-8:15AM<br>Hatha Flow   | Eve<br>6:30-7:30AM<br>Vinyasa  |
| 8:30-9:30AM<br>NIA           | Eve<br>8:45-9:30AM<br>COREmix Express                          |   | Jillian<br>8:45-9:30AM<br>COREmix Express                                  |
| 9:45-10:45AM<br>Vinyasa      | Mekea<br>9:45-10:45AM<br>Power Vinyasa                         | Jillian<br>9:45-10:45AM<br>Power Vinyasa                                  | Jillian<br>9:45-10:45AM<br>Power Vinyasa                                   |
| 11:00-12:15PM<br>Restore     | Mekea<br>11:00-12:00PM<br>Align                                | Amy B.<br>11:00-12:15PM<br>Restore  | Kate B.<br>11:00-12:00PM<br>Align  |
|                              |  |   |  |
| 4:30-5:30PM<br>Power Vinyasa | Jillian  | Jillian<br>4:30-5:30PM<br>Power Vinyasa                                   |  |
| 6:00-7:00PM<br>Vinyasa       | Jillian<br>6:00-7:00PM<br>COREmix<br>7:15-8:15PM<br>Hatha Flow | Jackie<br>6:00-7:00PM<br>Vinyasa<br>Jen<br>7:15-8:15PM<br>Hatha Flow<br>★ | Linda<br>6:00-7:00PM<br>COREmix Pilates<br>Mekea<br>7:15-8:15PM<br>Restore |
| Friday                       | Saturday   | Sunday  |  |
| 8:30-9:30AM<br>NIA           | Eve<br>8:30-9:30AM<br>Hatha Flow                               | Mekea<br>8:30-9:30AM<br>Vinyasa   | Laurence   |
| 9:45-10:45AM<br>Vinyasa      | Amy B.<br>9:45-10:45AM<br>Power Vinyasa<br>😊                   | Jillian<br>9:45-10:45AM<br>Hatha  | Paulette   |
| 11:00-12:15PM<br>Restore     | Amy B.<br>11:00-12:00PM<br>Pilates                             |   |  |
|                              |  |   |  |
| 5:30-6:30PM<br>Vinyasa<br>★  | Jen  |   |  |

**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    💰 = Fee Based Class



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.*

**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.*