

YOGA



Fall 2024 Effective Sept 16

SAW MILL CLUB

All yoga Classes now meet indoors in the big Yoga room unless otherwise indicated.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	7:30–8:45AM SMC Root To Rise Yoga flow Roxanne		7:30-8:45AM SMC Root to Rise (Hot) Neely
	9:30–10:45AM SMC VinyasaYoga (Hot) Anna	9:30–10:45AM SMC Yoga Flow (Hot) Marisa	9:30–10:45AM SMC Yoga Flow Lyn
9:30-10:45AM ☺ SMC Yoga Flow (Hot) Roxanne	9:30-10:45AM SMC Aireal Basics Gretchen (in studio C)		9:30–10:30AM SMC Aireal Yoga Basics Anna (in studio C)
11:00AM–12:15PM ☺ SMC Gentle Flow & Restore Roxanne	11:00–12:15AM SMC Honey Flow Mekea	11:00–12:15AM ★ Yoga Sculpt Michelle	11:00AM–12:15PM SMC Restorative with Core Roxanne
	1:15–2:15PM SMC Chair Yoga Mekea (in Big Gym)		12:00–1:00PM SMC Chair Yoga Mekea (in Big Gym)
6:00–7:15PM Vinyasa Yoga Hot Irene	6:30–7:45PM Core + Strength Yoga Flow Laurence	5:30–6:45PM SMC Restorative Yoga Anna	6:30-7:30PM SMC Yoga for Men Louie
FRIDAY	SATURDAY	SUNDAY	
9:15–10:45AM SMC Yoga Flow 90 (Hot) Mekea	9:00–10:15AM SMC Yoga Flow (Hot) Anna	9:00–10:30AM SMC Yoga Flow 90 (Hot) Neely	
		10:00AM–10:45AM SMC Kid's Yoga Erica (in Studio B) 💰	
	10:30AM–11:45AM SMC Weekend Yoga Flow Nadeje	10:15AM–11:30AM SMC AiReal YogaFlow Anna Studio C	
		4:00–5:15PM SMC Restorative Yoga Nadeje	

The temperature of "Hot" classes may be lowered to warm at the clubs discretion.

* Changes during the month may not be reflected on this schedule
For the most up to date class schedule we recommend you
Download the Class Schedule Smartphone App.



AIREAL yoga
Private & Small Group
Aireal Classes available

Practice with your people!
You choose the style of yoga
and the instructor.
You bring your crew!
Schedule your

Pod PRIVATE YOGA
@ SawMillClub.com
Contact Mekea
Yogatraining@sawmillclub.com

For Yoga workshop
information email Mekea
yogatraining@sawmillclub.com

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 you is key in building a yoga practice that supports your wellbeing and personal growth.

Aireal Yoga Flow - Is a modern practice that uses silks suspended from the ceiling as props to guide and enhance your bodies Yoga experience. The Silks help to stretch and strengthen muscles, improve balance and support healthy spinal function. Learn to Trust the Silk, Step Out of Your Comfort Zone and Experience Something New.

Gentle Flow - Gentle postures are linked together with breath to increase flexibility and improve posture. Supported postures held on props allowing you to release into the present moment as you de-stress and bring balance to body, mind & spirit. Restorative Yoga - Cultivate mindfulness and release stress and find physical, mental, and emotional relaxation. Restorative Yoga is appropriate for all levels, and is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

Gentle Flow & Restore – A mixture of Gentle Flow (above) and Restorative Yoga (above)

Dynamic Flow - Join Your favorite SMC yoga instructors for this demanding Yoga Flow practice. Move with grace and a focus on your breath as you increase strength & flexibility. Dynamic movement helps to create space & strength in your body so you can move better and live well!

Honey Flow - Enjoy a slower flow class that is sandwiched between a longer warm up and cool down. Attention is paid to building strength, balance and functional alignment from the ground up, feet to figure tips.

Vinyassa - Increase your awareness as you focus on linking breath and asana (posture) with movement. This flowing practice cultivates strength, core stability, flexibility, balance and endurance.

Hot Vinyassa - Increase your awareness as you focus on linking breath and asana (posture) with movement. This flowing practice cultivates strength, core stability, flexibility, balance and endurance. Our studio is heated between 90-95 degrees to allow a deep opening and cleansing of the body.

Power Flow - Free your body & mind in this faster paced vinyasa style class where each movement and pose is linked with breath. The flow will include poses and transitions that promote strength building, core awareness and flexibility for the whole body.

Yin Yoga - Yin yoga works deeply into our body with passive, longer-held poses. Yin yoga targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, and the deep fascia networks of the body. Yin yoga improves the energy flow, enhancing the flow of chi in the organs. To be healthy, we need healthy organs as well as healthy muscles. Yin yoga also offers wonderful emotional and mental health benefits.

Yoga Sculpt -A strong vinyasa flow with weights. Yoga sculpt is a yoga practice that combines traditional yoga poses with strength training exercises, usually using light weights or resistance bands. It aims to build strength, flexibility, and mindfulness simultaneously, blending elements of yoga with high-intensity interval training (HIIT) for a full-body workout.

This class is for a yogi with some experience