

# YOGA



SAW MILL CLUB · EAST

## Schedule

## February 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
9:45–10:45AM <b>Monday Morning Yoga Flow</b> Mekea	6:30–7:15AM <b>Pilates Express</b> Tammi	9:45–10:45AM <b>Vinyasa Yoga Flow</b> Kailey	6:30–7:30AM <b>Yoga for Men</b> Lou				
11:00AM–12:00PM <b>Restorative</b> Mekea	7:30–8:30AM <b>Hatha Yoga Flow</b> Tammi	11:00AM–12:00PM <b>Restorative</b> Kailey	9:45–10:45AM <b>Vinyasa Yoga Flow</b> Marisa				
	9:45–10:45AM <b>Vinyasa Yoga Flow</b> Lyn		11:00AM–12:00PM <b>Pilates</b> Jen				
5:00–6:00PM ★ <b>Yoga for Athletes</b> Laurence	11:00AM–12:00PM <b>Pilates</b> Heather	4:30–5:30PM <b>Yoga Sculpt</b> Lyn	5:30–6:15PM <b>Core-Lates Flow Express</b> Michelle				
6:30–7:30PM <b>Vinyasa Yoga Flow</b> Nadeje	7:30–8:30PM <b>Slow Yoga Flow</b> Roxanne	7:30–8:30PM <b>Vinyasa Flow</b> Roxanne	6:30–7:30PM <b>Restorative</b> Michelle				

  

FRIDAY		SATURDAY		SUNDAY		Key	
7:30–8:30AM <b>Vinyasa Flow Yoga</b> Roxanne	9:00–10:15AM <b>Hatha Yoga Flow 75</b> Mekea	8:30–9:30AM <b>Hatha Yoga Flow</b> Tammi			★	New Class	
9:45–10:45AM <b>Vinyasa Yoga Flow</b> Anna B.	10:30–11:30AM <b>Prenatal/Postpartum</b> Mekea	9:45–10:45AM <b>Vinyasa Yoga Flow</b> Laurence			😊	New Instructor	
11:00AM–12:00PM <b>Restorative</b> Mekea	10:45–11:45AM <b>Vinyasa Yoga Flow</b> Anna				🕒	New Time	
12:30–1:30PM <b>Lunch Time Yoga Flow</b> Mekea							
5:30–6:30PM <b>Candlelight Yoga &amp; Meditation</b> Anna B.							

**Core-Lates Flow Express:** Pilates inspired core focused yoga flow using your deep core and supporting muscles. It aims to build strength from the deepest muscles using light weights and resistance training.

**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.

**Slow Flow Yoga** - 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 finger tips.

**Vinyasa Yoga 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. Yin yoga also offers wonderful emotional and mental health benefits.

**Yoga for Athletes** - designed to support athletic performance by enhancing flexibility, balance, strength, and mental focus. This class typically emphasizes poses and sequences that target areas athletes often overuse or neglect, such as hamstrings, hips, shoulders, and the lower back. It also incorporates breath work and mindfulness techniques to improve body awareness, reduce stress, and aid in recovery. Classes may include dynamic stretching, balance work, and mobility exercises, aiming to prevent injuries and optimize overall athletic performance. Suitable for all athletic levels, from beginners to seasoned professionals.

**Pilates** - Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with breathing patterns. Our Pilates is done on a mat and is core focused.