YOGA

Fall 2026

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

Saw Mill Club

Rev 10-13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	7:30-8:45AM **SMC Root to Rise (Hot)** Neely		7:30-8:45AM **SMC Root to Rise (Hot)** Roxanne
9:15–10:30AM **Aireal Flips & Tricks** Gretchen	9:30–10:45AM **SMC VinyasaYoga (Hot)** Anna	9:30–10:45AM **SMC Yoga Flow (Hot)** Marisa	9:30–10:45AM **SMC Vinyasa Flow** Amanda
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	11:00AM–12:15PM **SMC Honey Flow** Mekea	11:15–12:15AM **SMC Core Fusion** Michelle	11:00AM–12:15PM **SMC Restorative** with **Core** Roxanne
	1:00–2:00PM **SMC Chair Yoga** Mekea (in Big Gym)		12:00–1:00PM **SMC Chair Yoga** Mekea (in Big Gym)
6:15–7:30PM New Time as of 9/14 **Vinyasa Yoga Hot** Irene	5:00–6:00PM **HOT Core + Strength** Laurence	5:30–6:45PM **SMC Restorative Yoga** Anna	5:00–6:00PM **Pilates** Jenn

FRIDAY	SATURDAY	SUNDAY
9:15–10:45AM **SMC Yoga Flow 90 (Hot)** Mekea		9:00–10:30AM **SMC Yoga Flow 90 (Hot)** Neely
1:30–2:30PM **SMC Forever Yoga** Lou Salvagno	9:00–10:15AM **SMC Yoga Flow (Hot)** Anna	10:15AM–11:30AM **SMC AiReal YogaFlow** Anna Studio C
		11:30AM–12:30PM **Tai Chi / Qi Gong** Nicole **GX** Studio
		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.**

Download on the App Store

GET IT ON Google play

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 at Saw Mill Club
Contact Mekea
mekea.fishlin@genesishealthclubs.com

For Yoga workshop information email Mekea
mekea.fishlin@genesishealthclubs.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.

Forever Yoga- A yoga class for seniors designed to promote physical health, mental clarity, and emotional well-being in a safe and accessible manner. It typically emphasizes gentle movements, flexibility, balance, and relaxation rather than intense physical exertion with minimal up and down. This class is good for those just starting yoga or returning to yoga after mending an injury.

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 facia 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