

# PINE LAKE MIND/BODY STUDIO CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM	Cycle Flow Fusion (Cycle and Power Yoga) 6:00-6:30 Debbie	Hot Power Yoga 6:00-7:00 Jordan		Hot HATHA Yoga 6:00-7:00 Jordan	Yin Yoga 6:00-7:00 Rita		
7:00 AM			Sunrise Stretch** 7:00-7:30 Nora			BODYFLOW 7:30-8:30 Christine	
8:00 AM	Pilates with Props 8:30-9:30 Jen		BODYFLOW 8:30-9:30 Christine		BODYFLOW 8:30-9:30 Christine	Vinyasa Flow Yoga 8:45-9:45 Greg	
9:00 AM		Hot Power Yoga 9:30-10:45 Gimena		Hot Power Yoga 9:30-10:45 Kim	Pilates with Props 9:45-10:45 Jen	Warm Restorative Yoga 10:00-11:00 Rita	Hot Power Yoga 9:15-10:30 Sharman
10:00 AM	Hot Power Yoga 9:45-10:45 Jordan						
11:00 AM	BODYFLOW 11:00-12:00 Debbie		Vinyasa Flow Yoga 11:00-12:00 Justin	HATHA Yoga 11:00-12:00 Kim	BODYFLOW 11:00-12:00 Katy		
12:00 PM		Warm Restorative Yoga 12:00-1:00 Greg					
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM			KidsYoga * 4:30-5:00pm Camila (ages 4-9)	Tween Yoga * 4:30-5:15pm Camila (ages 10-14)			Warm Restorative Yoga 4:00-5:00 Heather C
5:00 PM							
6:00 PM	Hot Power Yoga 6:15-7:15 Chris		Hot Power Yoga 6:15-7:15 Heather C				
7:00 PM	Yin Yoga 7:30-8:30 Rita	Hot HATHA Yoga 7:30-8:30 Julie	Warm Restorative Yoga 7:30-8:30 Heather C	Hot Power Yoga 7:30-8:30 Julie			
8:00 PM							
9:00 PM							

\*Free class with family membership, otherwise a fee may apply. \*\* Sunrise Stretch is taught by our Fitness staff and requires pre-registration. A SGT fee may apply.



# PINE LAKE MIND/BODY STUDIO CLASS DESCRIPTIONS

## Les Mills Classes

We are proud to offer 6 LES MILLS™ group fitness programs! Mixing the hottest music with cutting-edge exercise science, innovative equipment, motivating instructors, and the energy of many, these classes will make you fall in love with fitness! Join us for the fun and the results!

### **BODYFLOW™**

Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW™, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered and happy.

## Mind/Body Classes

### **BARRE Above™**

BARRE Above™ is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, BARRE Above™ delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape. See Group Ex schedule for times.

### **Barre Fusion**

Get the best of both worlds with Barre Fusion! This 45 min class combines elements of barre and interval training to give you a full body sculpting and cardiovascular workout in one. This class challenges the body by first finding stability and fatigue, then incorporating full range movement. See Group Ex schedule for times.

### **Cycle Flow Fusion**

Cycle Flow is a hybrid class that is popular around the world. The first 30 minutes of class is in the Gr Ex studio with cycle intervals guaranteed to make you sweat and boost your cardiovascular health. The last 30 minutes of class is hot power yoga in the Mind/Body studio where we focus on the muscles that get overused in cycling and running. Start your week off right treating your body to this combo!

### **Hatha Yoga**

This series of 26 poses (or asanas) combined with breathing techniques promote a clear, peaceful mind and healthy body. This class aids in circulation in all organs, glands and tissues. It also promotes balance and flexibility.

### **Hot Power Yoga**

Hot Power yoga is a vigorous, fitness-based approach to Vinyasa-Style yoga with an emphasis on strength and flexibility. Adding the element of heat creates a wider range of motion while also challenging the cardiovascular system to burn approximately 350 to 600 calories per class!

### **Kids Yoga (ages 4 – 8)**

Yoga comes to life in these fun and creative classes designed to stimulate a young child's growing curiosity. Playful yoga poses, animated breathing exercises and imaginative relaxation techniques, teach kids about their budding bodies. This class is free with a family membership, otherwise a fee will apply. Contact [plcactivities@columbiaathletic.com](mailto:plcactivities@columbiaathletic.com) for more information or to enroll.

### **Tween Yoga (ages 9 – 13)**

Students will explore how yoga can build confidence, manage stress, and promote self-awareness. We will explore yoga postures, breath techniques and simple forms of meditation.

### **Vinyasa Flow**

This style of yoga will use breath as a guide to move through creative sequencing of poses. The flowing movement of vinyasa yoga is intended to get practitioners out of their heads and into their bodies. This is a great way to infuse movement, energy and vitality into your day.

### **Warm Restorative Yoga**

Using heat and slow progression of movement, this class will help restore the natural curve of the spine, increase flexibility through the hips, and shoulders, while strengthening the Core through stabilization. Great for recovery as well as a perfect place to begin working in a heated environment!

### **Yin Yoga**

Yin Yoga is a slow and gentle practice that works with the individual body. It is designed to work, stretch and strengthen deep tissues, the fascia, tendons and bones. The poses meet the body's natural range of motion. Then the practitioner is guided to relax into the targeted area. Overtime the body responds by loosening its tight hold, allowing deep tissues to stretch and strengthen. The practice can be combined with the use of myofascial release methods and work with acupressure points that stimulate energy channels.

Energy channels are well known in ancient Chinese medicine and Ayurvedic practices. They are increasingly gaining the attention of Western medicine as more knowledge is gained about the many functions of fascia with energy channels.

## Pilates Classes

### **Pilates/Barre Fusion**

Create a lean, firm, sculpted body using a combination of isometric contraction of the muscles, the practice of dance conditioning and the core-defining practice of Pilates. Use a variety of equipment including the barre and the ball to challenge yourself and build strength. Appropriate for all fitness levels! See Group Ex schedule for times.

### **Pilates with Props**

Incorporating the fundamentals of Pilates, this class follows the classic mat order, and is appropriate for all students. While intermediate level exercises may be introduced, modifications will be provided for Beginner and Advanced students. Although Pilates equipment is not utilized during mat classes, small exercise props such as Magic Circles, weights, bands and balls are often utilized to engage specific muscle groups and assist with body positioning.

## Questions:

Contact Group Exercise Director Katy Stuart at [katys@columbiaathletic.com](mailto:katys@columbiaathletic.com), or an Activity Specialist at [plcactivities@columbiaathletic.com](mailto:plcactivities@columbiaathletic.com).

