

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 Heather Y	Hot Power Yoga 6:00-7:00 Jordan		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 Sarah	
9:00 AM		Hot Power Yoga 9:30-10:45 Gimena		Hot Power Yoga 9:30-10:45 Gina	Pilates with Props 9:45-10:45 Jen	Warm Restorative Yoga 10:00-11:00 Sarah	Hot Power Yoga 9:15-10:30 Rotating
10:00 AM	Hot Power Yoga 9:45-10:45 Jordan						
11:00 AM	BODYFLOW 11:00-12:00 Debbie	HATHA Yoga 11:00-12:00 Kim	Vinyasa Flow Yoga 11:00-12:00 Teana	HATHA Yoga 11:00-12:00 Kim	Vinyasa Flow Yoga 11:00-12:00 Teana		
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							Warm Restorative Yoga 4:00-5:00 Heather C
5:00 PM							
6:00 PM	Hot Power Yoga 6:15-7:15 Chris	BODYFLOW 6:15-7:15 Natalie	Hot Power Yoga 6:15-7:15 Heather C				
7:00 PM	Yin Yoga 7:30-8:30 Rita	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							
10:00 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

Les Mills 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 the 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. 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 Combat Fusion

Step into this 30 minute BODYCOMBAT workout and you'll punch and kick your way to fitness. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. This class will challenge and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ. The last 30 minutes of class will have you tightening and toning with BARRE Above as the perfect complement to the intense cardio from BODYCOMBAT.

Cycle Flow

Cycle Flow is a hybrid class that is popular around the world. The first 30 minutes of class is in the Group 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! Bring your own mat.

Hatha Yoga

This heated class flows slowly through a series of poses focusing on the breath. 'Ha' represents the sun while 'tha' represents the moon and together the practice of Hatha Yoga aligns the mind with the body. Benefits of Hatha Yoga include core strengthening, joint mobility, back health, building bone density and improving balance and posture. This class is for all levels from the brand new practitioner to the experienced yogi.

Bring water and a mat!

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!

Sunrise Stretch

Improve flexibility and coordination, relieve stress, and enhance athletic performance with this gentle stretching class. Sunrise stretch is taught by our fitness department, and is a great follow-up to your morning cycle class!

Fees: \$10 + tax Member/
\$15 + tax Non-member

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 acupuncture 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

B.A.R. Pilates

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. See Group Ex schedule for times.

B & B Pilates

Pilates on the ball and at the barre provides variety for working the core. Effective and challenging, this class will strengthen all abdominal muscles. 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, or an Activity Specialist at plcactivities@columbiaathletic.com.

Inclement Weather Policy: If the Issaquah School District is closed; ALL Group Exercise and Mind Body Classes are cancelled for the day. If Issaquah is on late start all morning classes are cancelled. Classes resume at noon. This information can be found in the bottom ticker of all of local news stations beginning 5am.

