



St. Paul

specialty class schedule

January 2nd - February 19th, 2012

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|--------|
| 6:00-7:00 am Gentle Yoga In-Fin (Western) | 5:30-6:30 pm Tai PiYo Libby (Western) | 6:00-7:00 am Fitness Yoga Infin (Western) | 9:00-10:00 am Pilates Reformer Cathy E (Dayton) | 10:30-11:30 am Fitness Yoga Cathy E (Western) | 9:00-9:55 am Creative Dance Fran (Dayton) | |
| 12:15-1:15 pm Intermediate Pilates Fran (Dayton) | 5:30-6:30 pm HEAT Troy (Selby) | 9:30-10:30 am Sense of Balance Andrea (Western) | 9:30-10:30 am Gentle Yoga Teri (Western) | | 9:40-10:40 am Fitness Yoga Michelle (Western) | |
| 1:30-2:30 pm Beginning Pilates Fran (Dayton) | | 5:15-6:15 pm Pilates Reformer Cathy E (Dayton) | 6:00-7:00 pm Hatha Yoga Teri (Western) | | 10:00-10:55 am Ballet Fran (Dayton) | |
| 5:30-6:30 pm Pilates Reformer Cathy E (Dayton) | | 6:30- 7:30 pm Beginning Pilates Julia (Dayton) | 6:30-7:45 pm Kundalini Yoga Stacey (Dayton) | | 11:00-11:55 am Creative Dance Fran (Dayton) | |
| 6:35-7:50 pm Kundalini Yoga Wes (Dayton) | | 6:35- 7:35 pm Fitness Yoga Cathy E (Western) | | | 12:15-1:15 pm Intermediate Pilates Fran (Dayton) | |
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specialty class descriptions

Specialty Classes are offered at an additional costs to members and nonmembers. Advance registration is required.

To select a class that best meets your needs, please see the class descriptions listed below.

Beginner

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| Beginning Pilates | Controlled exercises designed to strengthen core, improve flexibility, posture, and balance. |
| Gentle Yoga | Designed for those who have little or no previous yoga experience. |
| Prenatal Yoga | Designed for expectant mothers with focus on working within the body's abilities. |
| Yoga for Posture | Class focuses on postures and techniques that improve the alignment of your spine, shoulders and head. |

Intermediate

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| Intermediate Pilates | A more advanced Pilates class for those who have previously taken 12 Pilates classes. |
| Pilates Plus | A more advanced Pilates class incorporating fitness balls, bands and other equipment. |
| Heat | Designed to maximize your time and metabolism. Metabolic resistance training to raise your metabolism for an extended period of time after each workout. |

Multi

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| All Levels Yoga | Yoga postures will include modifications for those who require a gentle practice. |
| Crew | Specifically addresses the needs and concerns of women who have survived cancer and cancer therapy. Intensity levels and body movement are modified to accommodate individual needs. |
| Fitness Yoga | Emphasis on traditional yoga poses, breathing techniques, balance and relaxation. |
| Kundalini Yoga | Strong emphasis on breath work, meditation and poses. |
| Hatha | Designed for all ages and fitness levels. Sequencing of postures, breathing and relaxation bring greater awareness and release of habitual tension patterns. |
| Pilates Reformer | The Reformer enables you to perform movements in a gravity-reduced environment, which allows you to isolate core muscles and overcome physical limitations. Our Pilates classes will leave you feeling energized, refreshed and deeply connected to your body and mind. Maximum number is 6 per class. *Prerequisite: must complete a minimum of 3 private sessions before enrolling in a Reformer class. |
| Sense of Balance | Simple low impact exercises and strength training to help improve balance. |
| Tai PiYo | Focus on integrating yoga, tai chi and Pilates along with breathing techniques. |
| TRX | Use your own body weight as resistance, you'll develop lean muscle, build core strength and improve flexibility, balance and stability. |

Youth

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| Beg/Int. Ballet | Technique with preparatory exercise, bare and center work. |
| Creative Dance | Intro to the elements of dance in a joyful, success-building environment. |

Tween Yoga

Tween Spin

Yoga practice for ages 9-15 that focuses on strength and flexibility

Spinning class for ages 9-15.