

**Rocky Run YMCA**  
**Mind/Body Studio Schedule**  
**June 8, 2009-September 7, 2009**

Updated:  
6/17/09

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
7:00-8:00am Senior Strut Pam	7:30-8:30am Hatha Yoga Marcia	7:00-8:00am Senior Strut Pam	7:30-8:30am Hatha Yoga Marcia	7:00-8:00am Senior Strut Pam	7:45-8:45am Pilates Rotation
8:00-9:00am Pilates Gina	8:30-9:30am Zumba Jen	8:30-9:30am Pilates Nicole J	8:30-9:30am Vinyasa Yoga Pat	8:00-9:00am Stretch for Sanity Pam	
9:15-10:30am Vinyasa Yoga Pat	9:30-10:30am Yoga Fusion Sharon	9:30-10:30am Power Yoga Lisa M	9:30-10:30am Core Conditioning Sharon	9:15-10:15am Pilates Jen	9:00-10:15am Power Yoga Michele O
10:30-11:45am Chair Yoga Carol	10:30-11:30am Pilates Lisa M		10:30-11:45am Yoga Foundations Gina	10:15-10:45am Abs/ Core/More Jen	10:15-11:15am Hatha Yoga Sharon
		11:00-12:00pm T'ai Chi Chih Moving Meditation April		11:00-12:00pm T'ai Chi Chih Moving Meditation April	
4:00-5:00pm Pilates Nicole		4:00-5:00pm Yoga Core Gina			
5:15-6:15pm Vinyasa Yoga Don		5:30-6:30pm Pilates Maureen	5:15-6:15pm Zumba Tami		
6:15-7:30pm Intro to Yoga Jane	6:15-7:15pm Pilates Maureen	6:30-7:30pm Power Yoga Michele O.	6:15-7:15pm Pilates John	<b>SUNDAY</b> 10:00-11:00am Pilates Maureen	
	7:15-8:30pm Vinyasa Yoga Gina		7:15-8:30pm Vinyasa Yoga Anna	11:00-12:30pm Vinyasa Yoga Carol	

- All of these classes located in the Mind/Body Studio located on the 2<sup>nd</sup> floor.
- All classes are subject to change.
- All participants must be 13 years of age or older.
- All fitness levels are welcome in every class. Inform the instructor if it is your first time participating.

## **Mind/Body Group Fitness Class Descriptions:**

**B-Beginner**

**I-Intermediate**

**A-Advanced**

**Abs, core and more:** (B/I/A) Crunches, core stability, focus and balance, using a variety of equipment. This is the perfect addition to any workout routine.

**Core Conditioning:** (I/A) Using the BOSU, stability ball and gliding discs you will learn how to use your core through a variety of different movements. The class begins with aerobics and plyometrics to get your heart rate up and then progresses to strengthening and toning. Your core will love you! **Wear your sneakers.**

**Introduction to Yoga:** (B) A great starting point for first timers or someone interested in a relaxing stretch.

**Chair Yoga:** (BI) This class is a series of seated poses designed to increase flexibility and strength.

**Hatha Yoga:** (B/I/A) Integration between flow of postures, breath and mental focus with an emphasis on refining and holding postures.

**Vinyasa Yoga:** (I/A) An active class emphasizing the development of strength, flexibility, balance and grace through the use of vinyasa-postures linked through the synchronization of breath with movement.

**Power Yoga (Ashtanga):** (I/A) The synchronization of movement with the breath creates an internal heat, which purifies, strengthens and energizes the body and mind. It mixes up pilates, core conditioning, strength building and balance training all done in the Vinyasa flow format. This class will stimulate, stretch, and rejuvenate your entire body.

**Yoga Core:** (B/I/A) Burn into your core through Yoga moves. This class teaches you to engage your core while doing yoga poses.

**Yoga Fusion:** (B/I/A) A perfect of different styles of yoga including power, kundalini, vinyasa and yin. Improve balance and flexibility while strengthening your core

**Yoga Foundations:** (B/I/A) An active yoga class beginning with the foundations with which Yoga is made up of. Come enjoy this class and burn while you work.

**Pilates:** (B/I/A) This class focuses on the 'powerhouse'. It is from within the abdominal region of the body, the powerhouse, that we support the spine and all of our major organs. When you strengthen this area you dramatically improve your alignment and posture.

**Stretch for Sanity:** (B/I/A) One hour of flexibility and stretching to keep the the joints and muscles limber

**Senior Strut:** (B/I/A) A Basic Lo-impact Cardio and upper body workout using lights weights. Emphasis on core strength and flexibility.

**T'ai Chi Chih:** (B/I/A) A series of gentle movements that stimulate, circulate and balance internal energy. Beneficial results are obtained regardless of age, physical condition, or agility. Come and relax your body while focusing your mind.

**Zumba:** (BIA) Zumba is a fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximum caloric output, fat burning and total body toning.

\*We welcome your feedback. For group fitness questions or concerns please contact Mary Curcio at [mcurcio@philaymca.org](mailto:mcurcio@philaymca.org) or call 610-627-9622 ext 1239 or complete a comment card. Thank you!

Our schedules are posted on our website at [www.philaymca.org](http://www.philaymca.org)