



# YOGA SCHEDULE

**Essential  
Yoga  
Studio**  
January  
2019 Battle  
Creek Family YMCA



The Battle Creek Family YMCA offers a variety of **FITNESS CLASSES!** With so many options to choose from, you'll be able to find something that is right for you! Check out the pool and group fitness schedule for other classes offered!

## YOGA Class Descriptions:

### Level ONE:

- Aerial/Aerial & Core/Aerial Kids:** Join us to work on your strength and flexibility using silks, hammocks and a lyra ring. These classes are held in Y in the Sky.
- Basics and Beyond:** For newer students, or those wanting to further explore foundational poses in an encouraging and slower-paced class.
- Chair Yoga:** Yoga moves while seated.
- Gentle Yoga:** A less strenuous class, with light strengthening and gentle lengthening of the body. Class is accessible and a great way to start or to explore your practice.
- Restorative Yoga:** Find your way into a pose, supported by props. Release and let go into the pose rather than working to find it. Focus on relaxation and renewal.
- Yoga:** Strengthen and tone, increase energy, calm and focus the mind, open to a sense of peace.

### Level TWO:

- Yoga for Everybody:** Greater variety; faster paced than the Basics class, with more options for intensity. Breath work, linking of poses in flow sequences, and stretching included; experience helpful.
- Yoga Flow:** A combo class that offers cues for alignment and movement with Vinyasa flow. A certain sequenced class will incorporate breath and fluid movement, working toward a peak pose or targeting a specific body part.
- Yin:** Yin is designed to help you sit longer and more comfortably, in meditation by stretching connective tissue around the joints (mainly the knees, pelvis, sacrum, and spine). This involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper layers of fascia. Beginners are welcome as the instructor will adjust to each student.

### Level THREE:

- Strong Flow:** Faster flows and strength building vinyasa class.
- Yoga for Fitness:** A flowing series of poses that creates strength, flexibility, endurance and balance.

# Essential Yoga Studio

Studio is located downstairs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 – 9:15am <b>Yoga Flow</b> Diana	9 – 10:15am <b>Yoga Flow</b> Robin	9 – 10:30am <b>Yoga</b> Diana	9 – 10:15pm <b>Basics and Beyond</b> Syd	9 – 10:15am <b>Yoga Flow</b> Kathy	8:30 – 9:30am <b>Yoga</b> Diana	8 – 9:15am <b>Strong Flow</b> Jen
9:45 – 11:15am <b>Yoga</b> Diana	10:30 – 11:30am <b>Chair Yoga</b> Diana	11am – 12:15pm <b>Gentle</b> Cheryl	6 – 7:15pm <b>Strong Flow</b> Meghan	11 – 12:15pm <b>Gentle</b> Kathy	10 – 11:15am <b>Yoga Flow</b> Kathy	
10 – 11am <b>Aerial \$</b> Emily Location: Y in the Sky		4:30pm–5:20pm <b>Aerial for Kids \$</b> Emily Location: Y in the Sky				
11:30am – 12:30pm <b>Yin</b> Diana	6 – 7:15pm <b>Strong Flow</b> Grace	5:30pm–6:20pm <b>Aerial &amp; Core \$</b> Emily Location: Y in the Sky			10 – 11am <b>Aerial \$</b> Emily Location: Y in the Sky	
5:15 – 6:15pm <b>Yoga Flow</b> Robin			5:30 – 6:30pm <b>Yoga for Fitness</b> Dawn			
6:30 – 7:30pm <b>Yoga for Fitness</b> Myra		7 – 8:15pm <b>Restorative</b> Syd				

\$ - Denotes a \$10 charge for these classes or 10 classes for \$80.

Non-members can purchase a Yoga Class Pass.

Restorative is limited to 12 participants and Aerial is limited to 15 participants. Please sign up at the desk.

## 15 FUN FACTS ABOUT YOGA

- Improves your flexibility
- Builds muscle strength
- Perfects your posture
- Prevents cartilage and joint breakdown
- Protects your spine

- Bettens your bone health
- Increases your blood flow
- Drains your lymphs and boosts immunity
- Ups your heart rate
- Drops your blood pressure

- Regulates your adrenal glands
- Makes you happier
- Founds a healthy lifestyle
- Lowers blood sugar
- Helps you focus