



**Essential
Yoga
Studio**
October
2018 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:

- Basics and Beyond:** For newer students, or those wanting to further explore foundational poses in an encouraging and slower- paced class.
- 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 Flow:** Flowing movement connected with breath.
- 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.
- Slow Flow:** The movement is slow and deliberate. Great opportunity to stretch, breathe, and feel each pose. Great for firming the body and connecting with the breath.

Level THREE:

- 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.

Essential Yoga Studio – October (begins 10/1/18)

Studio is located downstairs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 – 9:15am Yoga Flow Diana	9 – 10:15am Yoga for Everybody Robin	9 – 10:30am Yoga Diana	9 – 10:15am Yoga For Everybody Syd	9 – 10:15am Slow Flow Kathy	8:30 – 9:30am Yoga Diana	
9:45 – 11:15am Yoga Diana	10:30 – 11:30am Chair Yoga Diana	11am – 12:15pm Gentle Cheryl	6 – 7:15pm Strong Flow Meghan	11 – 12:15pm Gentle Kathy	10 – 11:15am Yoga for Everybody Jen	
10 – 11am Aerial for Beginners \$ Emily Location: Y in the Sky	6 – 7:15pm Strong Flow Grace	5:30 – 6:30pm Yoga Basics + Beyond Dawn			10 – 11am Aerial for Beginners \$ Emily Location: Y in the Sky	
11:30am – 12:30pm Yin Diana						
5:15 – 6:15pm Yoga For Everybody Robin		7 – 8:15pm Restorative \$ Syd				
6:30 – 7:30pm Yoga Basics + Beyond Myra						

\$ - Denotes a \$10 charge for these classes. Members and Non-members can purchase a Yoga Class Pass for \$80 for 10 classes.

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