



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# YOGA & PILATES SCHEDULE

Eugene Family YMCA

Fall 2010

*Updated 11/9– 12/17*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30	Kundalini Yoga Ardas		Kundalini Yoga Ardas		Kundalini Yoga Ardas	8:00-9:00 Kundalini Yoga Ardas	
7:30-8:30				Gentle Yoga Priya		10:00-11:15 Flow Yoga Christine	10:00-11:15 Gentle Yoga Christine
8:00-9:00			Edgu Nancy				
9:00-10:00	Pilates Colleen	Gentle Yoga Randi	Pilates Colleen	Gentle Yoga Randi	Pilates Carrie		
10:15-11:15		Gentle Yoga Randi		Flow Yoga Sarah	Gentle Yoga Tina		
12:00-1:00	Hatha Yoga Diane		Hatha Yoga Diane				
4:30-5:30	Pilates Carrie		Pilates Carrie	Hatha Yoga Blair			
5:35-6:35	Gentle Yoga Kate	Kundalini Yoga Ardas	Gentle Yoga Matt	Kundalini Yoga Ardas	Gentle Yoga Matt		
6:45-7:45	Hatha Yoga Kate	Yogilates Jessica	Hatha Yoga Matt	Hatha Yoga Steve	Hatha Yoga Matt		

## Gentle Yoga

If you can't imagine standing on your head or wrapping your leg around your neck, but would love to stretch, breath deeply and work on balance, you've found the yoga class for you.

## Hatha Yoga

Create the space to go within and develop strength, stability, and ease to move through your day. Your instructor can honor your starting place by having a discussion prior to class.

## Flow Yoga

Some yoga postures (asanas) are static, others ask our bodies to move; Flow Yoga incorporates more of the movements poses (i.e. Sun Salutations)—come if the spirit moves you!

## Kundalini

Integrate spirit, mind and body in this yoga practice that is designed to revitalize and strengthen, giving special attention to our breath.

## Pilates

Start on the inside and work out—that's the idea when "strengthening your core." You'll improve your posture, flexibility, range of motion and strength.

## Yogilates

Combining the benefits of Pilates, Yoga & body-awareness we aim to give you a blended workout that leaves you feeling strong, long, proud and calm.

## Edgu

Looking to calm the spirit, support the body and realign your whole self? Edgu will support and encourage back, neck, shoulder & spine strength & flexibility. The essence of the class will sooth your soul.

## All classes are in the Meading Room.

For information about Group Exercise & Active Older Adults, please see separate schedules.



All of our schedules are on line. Please consider viewing them there.

## Eugene Family YMCA

2055 Patterson, Eugene OR 97405

P 541 686 9622 F 541 342 4451 [www.eugeneymca.org](http://www.eugeneymca.org)



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# ACTIVE OLDER ADULTS

Eugene Family YMCA

Fall 2010 Class Schedule

11/9–12/17

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30				Gentle Yoga Priya (MR)			10:00-11:15 Gentle Yoga Christine (MR)
9:00-9:45	Gentle Water Aerobics Jackie (LP)		Gentle Water Aerobics Natalie (LP)		Gentle Water Aerobics Christine (LP)		
9:00-10:00		Mindful Motion Tina (LP)		Mindful Motion Tina (LP)		12:00-1:00 Circle Swim (LP)	12:00-1:00 Circle Swim (LP)
9:00-10:00		Gentle Yoga Randi (MR)		Gentle Yoga Randi (MR)		<b>Key...</b> LP = Lap Pool SP= Small Pool MC= Movement Center MR= Meading Room	
10:15-11:15		Gentle Yoga Randi (MR)			Gentle Yoga Tina (MR)		
10:30-11:30	Circle Swim (LP)	Circle Swim (LP)	Circle Swim Natalie (LP)	Circle Swim (LP)	Circle Swim (LP)		
10:30-12:00	Low Impact Aerobics Kari (MC)	Strength & Stretch Tom & Natalie (MC)	Low Impact Aerobics Kari (MC)	Strength & Stretch Tom & Natalie (MC)	Low Impact Aerobics Becky (MC)	<b>Mindful Motion</b> Stretch your definition of a good stretch. Come try it in the water! Be in the pool and be in the moment as we fuse yoga and pilates to give your core the strength it needs for the day.	
11:30-12:30	Keep Moving Jackie (SP)	Arthritis Fitness Jackie (SP)	Keep Moving Jackie (SP)	Arthritis Fitness Jackie (SP)	Keep Moving Christine (SP)		
12:00-1:30	Strong & Balanced Doug (MC)		Strong & Balanced Doug (MC)		Strong & Balanced Doug (MC)		

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## Low Impact Aerobics

Join a group that loves to move, dance, laugh, chat, and work together. Your body will work, your brain will work, and YOU will feel BETTER. Expect to sweat and to work with resistance equipment. A full mind, body, spirit workout.

## Arthritis Fitness

Warm water, warm joints, and a warm welcome to all who want to experience the healing powers of movement in water. Designed and certified by the National Arthritis Foundation.

## Circle Swim

Grab a buddy and an aqua-jog belt or swim alone at your own pace. No lap lines, no pressure; just you, some music and some others who like to get wet while getting fit!

## Strong & Balanced

Give us your time and we'll give you the chance to make new friends, feel stronger and stay agile. We'll use stability balls, floor exercises and good humor to keep your spirit, mind and body strong and healthy!

## Strength & Stretch

Finding strength & stamina was never as important as it is now. Join this class, full of people, who have chosen to keep active into their golden years, staying strong, tall & confident. There are two instructors here so everyone can feel successful.

## Gentle Water Aerobics

Dorsey and Goodman provide the background music; Y people provide the good conversation and laughs; you provide the desire to move your body and feel great!

## Keep Moving

We want you walking, swimming, stretching and feeling great for many years to come. The pool is a great place to train the muscles and joints so you can do just that! Looking for a gentle complement to your physical therapy program? Look no further than your Y pool.

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