



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HEALTH & WELL-BEING

Yoga & Pilates

January 2nd - March 23

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				Hatha Yoga Priya		10:15-11:30 Hatha Yoga Christine	10:15-11:30 Gentle Yoga Christine
8:00-8:55			Edgu Nancy				4:00-5:00 Hatha Yoga Sarah O
9:00-10:00	Pilates Colleen	Gentle Yoga Randi	Pilates Colleen	Gentle Yoga Randi	Hatha Yoga Jennifer	All classes are in the Meading Room. For information about Group Fitness & Active Older Adults classes, please see separate schedules. Classes are for those 15+. There are some exceptions, so please check with the instructor. New to classes? Try the shaded classes. All of our schedules are on line.	
10:15-11:15	Hatha Yoga Andrea	Gentle Yoga Tina	Hatha Yoga Steve W	Flow Yoga Matt M	Gentle Yoga Tina		
4:30-5:25	Core Integration Jennifer A		Core Integration Kate				
5:35-6:35	Gentle Yoga Matt	Kundalini Yoga Ardas	Gentle Yoga Sarah O	Kundalini Yoga Ardas	Gentle Yoga Matt		
6:45-7:45	Hatha Yoga Matt	Gentle Yoga Andrea	Flow Yoga Sarah O	Hatha Yoga Andrea	Hatha Yoga Matt		

Mind, Body & Spirit

Well-being for all of you. Explore core strengthening, breathe work, and flexibility. Our instructors will help you start your journey or ensure your path is meeting your needs.

Core Integration

This class incorporates Hatha yoga principles to build strength, endurance, flexibility and balance. A portion of each class will be devoted to abdominal work as well as standing and seated yoga postures, with a strong emphasis on coordinating movement with the breath.

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.

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!

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

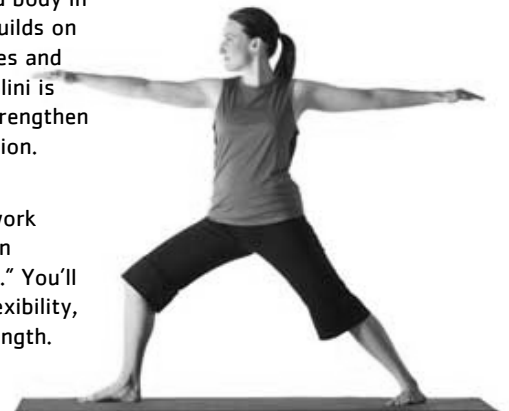
Create the space to go within and develop strength, stability, and ease to move through your day. Your instructor can honor your starting place by having a discussion prior to class.

Kundalini

Integrate spirit, mind and body in this yoga practice that builds on basic Hatha yoga postures and mindful breathing. Kundalini is designed to revitalize, strengthen and help you find relaxation.

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.



Eugene Family YMCA

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