



Jerry Long Family YMCA

Winter Mind Body Schedule

February

Time	Studio	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Mind Body Studio				BODYFLOW™			
8:00am	Mind Body Studio							YOGA I
8:15am	Mind Body Studio			STRETCH & RECOVER	Silver Sneakers® Yoga Stretch	STRETCH & RECOVER	Silver Sneakers® MSROM	
9:30am	Mind Body Studio		Pilates	BODYFLOW™	Pilates	BODYFLOW™	Pilates	BODYFLOW™
10:45am	Mind Body Studio		BODYFLOW™ Xpress	YOGA I		YOGA I	BODYFLOW™ Xpress	CXWORX™
12:15pm	Mind Body Studio		Silver Sneakers® MSROM	Silver Sneakers® Cardio Circuit	Silver Sneakers® MSROM	Silver Sneakers® Cardio Circuit		
1:15pm	Mind Body Studio		Silver Sneakers® MSROM	Silver Sneakers® MSROM	Silver Sneakers® Cardio Circuit	Silver Sneakers® MSROM		
2:30pm	Mind Body Studio	YOGA II						
4:30pm	Mind Body Studio		Pilates		Pilates			
5:35pm	Mind Body Studio			YOGA I	BODYFLOW™	YOGA I		
6:45pm	Mind Body Studio		BODYFLOW™	CXWORX™	YOGA II	CXWORX™		

Mind Body Class Descriptions:

BODYFLOW™ -A Yoga, Tai Chi, Pilates workout that builds flexibility & strength leaving you feeling centered & clam. Controlled breathing, concentration & carefully structured series of stretch moves, & poses to music create a holistic workout that brings the body into a state of harmony and balance. Approximately 55-60 minutes.

BODYFLOW™ Xpress -Enjoy this class (as described above) but a slightly shorter version; 40-45 minutes.

Pilates - Based on the 20th century developer, Joseph Pilates, focusing on core postural muscles to keep the body balanced.

Silver Sneakers@ MSROM- Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held w/ elastic tubing w/ handles, and a ball are offered for resistance, as well as chair use for seated & / or standing support.

Silver Sneakers@ Cardio Circuit - This is an advanced class designed for students who desire more cardiovascular and muscular endurance. It's a non-impact cardiovascular conditioning class pr in a circuit format w/ alternating resistance tool work & aerobic conditioning.

Silver Sneakers@ Chair Yoga - Will move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

Stretch & Relax - This is a wonderful one-hour class that takes you through a variety of stretching, breathing and body awareness exercises.

Yoga I - Designed to introduce the practice of Hatha yoga, providing emphasis with proper alignment, breathing, and relaxation and meditation.

Yoga II - This class focuses mainly on the intermediate level yoga poses. Challenges are provided by a flow of energy as you move from one pose to another. Basic knowledge of Yoga is encour

Yoga Technique & Pose - Approximately 30 minutes, this instructional class is designed to help Yoga participants of all levels gain the most out of their poses by focusing on form & technique.

Hands on assistance provided.

CXWORX™- is the Personal Training Inspired Core Class that's been formulated with a carefully structured, scientific approach and unforgiving intensity (with options of reduced intensity). It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength, and assist in injury prevention like nothing else.

In a class time of 30 minutes, CXWORX™ Will Get You RESULTS Where It Counts Most!

Mindful Hints to a Successful Workout Experience:

*Please bring water & a towel to class. During relaxation, we recommend you have a jacket, pair of socks, or other form of covering. As the body cools and the mind restores with calming breath is often needed.

*We offer yoga mats, straps, blocks, pilates rings, etc for member use in class. We do ask that each member utilize the cleaning supplies provided both before and after use for upkeep and safety.

*Relaxation is vital to all Mind Body classes to restore the body, provide mental clarity, reduce stress, promote restorative breathing, etc. If for any reason you are unable to remain in class please leave quickly & quietly in order to prevent distractions to those completing their class experience.

*Middle school age and up are welcome to join in any class. We ask those 10 yr & prior to Middle school to attend with their parent.

Join the Jerry Long Family YMCA as we premiere our 'newest' Group Exercise Class...

Sh'bam™ Saturday, February 11th @ 9:35am

Mark the date for this special event & wear your best dance or 80's attire. Great music & fitness all blended in one big a dance party.

Door prizes, dance prizes, and much more!! Can't wait to see you and your friends!