

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 9:30a Yoga Basics 10:45a Strength & Balance – a Silver Sneakers Program 5:15p Yoga-Barre 6:30p Interval Training 7:45p Relax & Restore Yoga	2 9:30a Barre Flow No Interval Training this morning 4:30p Health & Harmony Yoga 5:45p Cardio Burn 7:00p Yoga in the Park	3 9:30a Grounded in Grace Yoga Noon Yoga 5:15p Pilates 6:30p Intermediate Yoga	4 8:00a Intermediate Yoga 9:30a Pilates 11:45a Chair Yoga – a Silver Sneakers Program 5:00p Yoga 101 6:30p Interval Training 7:45p Relax & Restore Yoga	5 9:30a Barre Flow 4:30p Weekend Wind Down Yoga	6 8:00a Interval Training 9:15a Vinyasa Flow Yoga 10:30a Zumba
7 4:15p Restorative Yoga	8 9:30a Yoga Basics 10:45a Strength & Balance – a Silver Sneakers Program 5:15p Yoga-Barre 6:30p Interval Training 7:45p Relax & Restore Yoga	9 9:30a Barre Flow 10:30a Interval Training 12:00p <i>Meditation Class</i> 4:30p Health & Harmony Yoga 5:45p Cardio Burn 7:00p Yoga in the Park	10 9:30a Grounded in Grace Yoga Noon Yoga 5:15p Pilates 6:30p Intermediate Yoga	11 8:00a Intermediate Yoga 9:30a Pilates 11:45a Chair Yoga – a Silver Sneakers Program 5:00p Yoga 101 6:30p Interval Training 7:45p Relax & Restore Yoga	12 8:00a <i>Interval Training Pop-Up Class!</i> 9:30a Barre Flow 4:30p Weekend Wind Down Yoga	13 8:00a Interval Training 9:15a Vinyasa Flow Yoga 10:30a Zumba
14 4:15p Restorative Yoga	15 9:30a Yoga Basics 10:45a Strength & Balance – a Silver Sneakers Program 5:15p Yoga-Barre 6:30p Interval Training 7:45p Relax & Restore Yoga	16 9:30a Barre Flow 10:30a Interval Training 4:30p Health & Harmony Yoga 5:45p Cardio Burn 7:00p Yoga in the Park	17 9:30a Grounded in Grace Yoga Noon Yoga 5:15p Pilates 6:30p Intermediate Yoga	18 8:00a Intermediate Yoga 9:30a Pilates 11:45a Chair Yoga – a Silver Sneakers Program 5:00p Yoga 101 6:30p Interval Training 7:45p Relax & Restore Yoga	19 9:30a Barre Flow 4:30p Weekend Wind Down Yoga	20 8:00a Interval Training 9:15a Vinyasa Flow Yoga 10:30a Zumba <i>Grayson Fun & Fitness Festival at Grayson Park! Come see us!</i>
21 4:15p Restorative Yoga	22 9:30a Yoga Basics 10:45a Strength & Balance – a Silver Sneakers Program 5:15p Yoga-Barre 6:30p Interval Training 7:45p Relax & Restore Yoga	23 9:30a Barre Flow 10:30a Interval Training 12:00p <i>Meditation Class</i> 4:30p Health & Harmony Yoga 5:45p Cardio Burn 7:00p Yoga in the Park	24 9:30a Grounded in Grace Yoga Noon Yoga 5:15p Pilates 6:30p Intermediate Yoga	25 8:00a Intermediate Yoga 9:30a Pilates 11:45a Chair Yoga – a Silver Sneakers Program 5:00p Yoga 101 6:30p Interval Training 7:45p Relax & Restore Yoga	26 9:30a Barre Flow 4:30p Weekend Wind Down Yoga	27 8:00a Interval Training 9:15a Vinyasa Flow Yoga 10:30a Zumba
28 4:15p Restorative Yoga	29 8:00a <i>Interval Training Pop-Up Class!</i> Happy Memorial Day! No other classes today.	30 9:30a Barre Flow 10:30a Interval Training 4:30p Health & Harmony Yoga 5:45p Cardio Burn 7:00p Yoga in the Park	31 9:30a Grounded in Grace Yoga Noon Yoga 5:15p Pilates 6:30p Intermediate Yoga			

CLASS DESCRIPTIONS

All Levels Yoga is designed to suit all levels, whether a student is brand new to Yoga or has been practicing for years. You will be guided through a series of traditional yoga poses while exploring their own unique practice.

Barre Flow has plenty of barre and floor work as well as a little Yoga and Pilates, leaving you feeling both energized and relaxed.

Cardio Burn Get your toning and cardio fix in the same hour. This class will take you through fun, upbeat cardio songs to get your heart rate pumping AND push you to the burn of muscle fatigue, all with a little dance in your step.

Chair Yoga incorporates a wide range of Yoga poses and stretches, ALL done using the support of a chair. This gentle class is designed to help those who need to increase their flexibility, strength and circulation.

Interval Training (previously known as "Circuit Training") incorporates strength training with weights, body weight resistance and cardio intervals mixed in.

Health & Harmony Yoga increases strength, mobility, and peace of mind while practicing beginning Yoga. Flow of breath will be emphasized along with poses which increase core strength and flexibility.

Intermediate Yoga allows participants to take their practice to the next level. Class uses fun and easy tools, such as chairs, blocks and resistance bands to experience poses in unique ways and help you experience poses in a new way.

Meditation will explore different types of meditation and discover it's many benefits. **Offered Tuesdays, May 9th and 23rd**

Noon Yoga invites you to take a mid-day break and renew with a practice that has heavy emphasis on hip openers and hamstring releases.

Pilates focuses on core strength and all the other principles of Pilates, with stretching being the final focus of this class. This class will help develop the body by strengthening and lengthening muscles, while restoring physical vitality and correcting postures.

Relax & Restore Yoga *Class time - 45 minutes* the perfect way to wind down at the end of your day (and stretch out if you come to Interval Training right before this class). Emphasis will be on stretching, relaxation and preparing the body for rest.

Restorative Yoga guides you through supine and seated poses to help restore your mind, body & spirit.

Strength & Balance will get you moving and get your muscles activated from head to toe, helping develop strength and balance. Class is a Silver Sneakers/Flex program.

Vinyasa Flow Yoga is designed to work on linking your movements with your breath in a flowing manner. You will be encouraged to set your own personal intentions to accommodate your own unique practice.

Weekend Wind Down Yoga is the perfect treat to find a sense of balance and serenity while gaining core strength and flexibility after a long week.

Yin Yoga helps to relax the muscles, getting into joints and the deep connective tissues around them.

Yoga 101 teaches the very basics of this 5,000-year-old way to connect your mind and body. Learn to be more comfortable with Yoga, and gain confidence as you grow with your new practice.

Yoga-Barre combines core strengthening, flexibility and muscle lengthening of a Barre class with the strength, stretching and calming effects of Yoga. This class will be 25-minutes of barre and floor work, followed by 30-minutes of Yoga with the traditional Savasana (rest & relaxation) to round out the class.

Yoga Basics is designed to guide you through the basics of Yoga, helping to build a good foundation for a practice. Whether it's your very first time or you've been practicing for years, this class is for you.

Yoga-Pilates is the perfect blend of Yoga and Pilates. Class allows plenty of toning and strengthening work, while offering a great deal of stretching, balance work and mindful breathing.

Zumba is a dance fitness class featuring simple dance moves and music from all over the world! Zumba combines high energy and motivating music to create a dance party atmosphere. It's a fun and effective workout so come join the party!