

YOGA SCHEDULE - WINTER 2012

ENVIRO FITNESS STUDIO	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	6.30A								
	9.20A			Yoga Strong			9.00A	Saturday Special	
	4.30P	<i>Vinyasa Flow</i>		<i>Vinyasa Flow</i>		TGIF Yoga			
	6.40P		Hatha		Power Flow			LAKEPARK SWIM & FITNESS	

LPSF Yoga instructor will rotate as will type and style of yoga.

Hatha

This class focuses on learning the poses (asanas) and the breath awareness (pranayama) that are central to most forms of yoga. Breathing in conjunction with movement is emphasized. In each pose, you will tap into stress relief and rejuvenation. You will be guided gently into each pose and introduced to the basics of the yoga practice. This will help the beginner or first time yogi to learn the basic poses and breathing techniques of yoga, safely and effectively, before moving on to a more challenging yoga class.

Vinyasa Flow

In this class you will experience an energetic and playful flow of postures that emphasizes the alignment of the body and the integration of breathing with the movements. You will gain core strength, flexibility, coordination, improved coordination, increased lung capacity, detoxification and enhanced mental clarity.

Power Flow

This power flow yoga class will incorporate creative sequences with mind and body strengthening static postures. You will be challenged physically while cultivating focus and breath control. We will work the whole body with special attention to the core. Relaxation to finish!

TGIF

This class is designed with 60 minutes of fun in mind. Let go of your week and prepare your mind and soul for the weekend by enjoying this "let your hair down" style of class. We will flow with the music and explore the lighter side of yoga.

Saturday Special

Welcome the weekend with yoga! LPSF instructors will rotate teaching so you will experience a variety of styles including Vinyasa Flow, Hatha, Power and Restorative. Each of our instructors bring their own personality and style to class so you come regularly and you'll be exposed to all for maximum Yoga benefits.

Yoga Strong

Relax to music as you tone every inch of your body with moves that involve arm reps with 2 to 3 pound weights, balance on a stability ball or squeezing a yoga block, all while holding a pose. Class includes Hatha and Vinyasa yoga styles, plank poses and yoga pushups that are *GREAT* for strengthening and toning the core and arms, while getting your heart rate up for a cardio effect. Each move is derived from yoga, so you're stretching, lengthening and strengthening your entire body! Get fit and calm down all in one class!