

DOWNTOWN - MIND/BODY - WINTER 2017

January 3rd, 2017 - March 31st, 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM						Flow Yoga Melissa - 75min	
10:00AM							Power Yoga Derek - 60min
11:00AM						Le Barre *NEW* Kiera - 60min	
12:10PM	YIN Yoga Will - 50min	Joga Bianca - 50min	Flow Yoga Renata - 50min	Pilates Fran - 50min	Flow Yoga Jolene - 50min		Flying Fitness Pixie Anne - 60min
1:10PM	Power Yoga Derek - 50min	Flow Yoga Bianca - 60min	Power Yoga Renata - 50min	Hatha Yoga *NEW* Melissa - 50min	Power Yoga Jolene - 50min		
4:00PM	Flying Fitness Kiersten - 60min	Le Barre *NEW* Daniela - 60min	Le Barre *NEW* Tori - 60min	Joga 4:30PM - Bianca - 55min	Flying Fitness Derek - 60min		
5:30PM	Power Yoga Megan - 75min	Power Yoga Derek - 55min	Flying Fitness Kiersten - 55min	Power Yoga *NEW* Bianca - 55min			
6:45PM	Yoga *NEW* Tim - 60min	Hatha Yoga Melissa - 60min	Flow Yoga Kiersten - 60min	Yoga Kiersten - 60min			

*Please note schedule may be subject to change without notice.

DOWNTOWN CLASS DESCRIPTIONS

Included Classes

Flow Yoga

This class unites movement with breath. Develop awareness of core strength and flowing creative movement. Through this flow, the body naturally builds heat to help move into postures and create a sense of lightness. Modifications make this an accessible all-level class. Specialty Yoga at SNFW locations, accessible to level 2/3 members only.

Power Yoga

Enjoy a dynamic, energetic and inspiring yoga practice, allowing you to build endurance, strength, flexibility and concentration. Great for athletes, this style of yoga is an excellent complement to any sport. Specialty class - level 2/3 membership access only.

Yoga

This foundation Yoga class will challenge you both mentally and physically. Strengthen your muscles while improving posture and flexibility.

Flying Fitness

AntiGravity Aerial Yoga provides a workout that allows you to stretch and strengthen without stressing your joints or compressing your vertebrae. *Available at DTSC only.

Le Barre

Borrow from authentic ballet-based training to develop the grace, strength and power of a dancer's body! An easy-to-follow high energy sequence of warm-up, barre work, abdominal work using the Bender Ball, and delicious stretch/relaxation round out this intense, results-oriented workout. Expect visible lifting and sculpting of typical "trouble spots" in a few short weeks and prepare to perspire! Specialty Class - level 2/3 membership required.

Hatha Yoga

Experience a meditative, calm, yet strong practice. Perfect for beginners to advanced students who seek mind-body awareness and flexibility. Specialty Yoga at SNFW locations - access to level 2/3 members only.

Pilates

An educational exercise approach using the proper body mechanics, movements, trunk and pelvic stabilization, coordinated breathing, and muscle contractions to promote strengthening. Attention is paid to the entire musculoskeletal system.

YIN Yoga

A deeper stretch is what you will achieve in this style of yoga. Postures are minimal but held for longer periods of time (3 or more minutes) allowing for full release of the muscle fibres to create length. Specialty Class - access to level 2/3 memberships only.

Joga

"Yoga for Jocks" is the coined descriptive phrase for this form of yoga designed for athletes. Using a systematic approach to breathing, alignment and core strength, Joga participants benefit from the "prehab to rehab" exercises that prevent injuries and help one recover from injuries faster. Specialty Class access for level 2/3 members only at SNFW locations.
