

Advance reservations are required for all classes, no walk-ins. Masks are mandatory throughout the facility.

GWC Yoga Class Schedule 5.3.21

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|------------------------------|-------------------------------|------------------------------|----------------------------------|----------------------------|---------------------------|-------------------------------|
| Yoga | | | 6:00 Warm Vinyasa MR Katy | | | | |
| | 8:15 Hot Vinyasa Peggy | | 8:15 Hot Vinyasa Peggy | 8:30 Yoga Fundamentals Laurie | 8:15 Hot Vinyasa Peggy | 8:15 Hot Vinyasa Peggy | 9:00 Yin Yang Lindsay |
| | 10:15 Vinyasa Gisele | 9:45 Vinyasa Katherina | 10:00 Gentle Flow Martha | 10:15 Vinyasa Lindsay | | 9:45 Vinyasa Katy | 10:15 Warm Vinyasa Lindsay |
| | 12:00 Yin Stretch Lindsay | 12:00 Slow Flow Gisele | | | 12:00 Yin Stretch Megan | | 4:00 Hot Core Yoga* Peggy |
| | | 6:15 Flow & Stretch Laurie | | | | | |

Flow & Stretch: Suitable for almost all levels, a perfect complement to the dynamic and muscular exercise of cycling, running and sports in general. It creates flexibility and range of motion in the body and joints, and is a moving meditation to calm the mind.

Gentle Flow: Move through yoga poses at a slow pace with longer holds to build strength.

Hot Core Yoga: Core yoga is focused on strengthen your core and using it throughout class. As in all the disciplines, the core plays the main role in holding the asanas or poses and helps us to with posture and supporting our lower back. This class is an active class and fast paced. Not recommended for beginners!

Slow Flow: Be guided through yoga poses as major muscle groups are revitalized.

Smart Yoga®: Using precise alignment techniques, go deeply into postures in a safe way that leaves you feeling energized and empowered. Move through poses with a perfect blend of holding and flowing to open joints. Perfect for students looking for understanding of their body and how to go deeper into their practice on all levels.

Vinyasa: This class is for yoga practitioners who have some experience with yoga flow. You will link breathe and movement in this traditional yoga class built on the idea of a moving meditation. The focus is moving from one asana (pose) to the next in a fluid movement incorporating pranayama (breathe) and yoga philosophy. The flow of this vinyasa class can be challenging for those new to yoga, and therefore not recommended for beginners. Hot: over 85° / Warm: under 85°

Yin Stretch: The focus is on the lengthening the major muscles and generally targets the connective tissues of the hips, spine and shoulders.

Yin Yang: A healing and rejuvenating practice, the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice like Vinyasa, are stretched and lengthened.

Yoga Fundamentals: This class is perfect for the beginner or someone who wants to learn more about the alignment of the yoga asanas (poses). It focuses on teaching the poses in a way that is easy to learn and practice. Learn important alignment principles of the poses, breathe (pranayama) and meditation. It prepares students to enter an open level yoga class.

Masks are required during indoor classes. Location Key: Zoom Class Inside Facility Inside & Zoom

What to bring: Mat, blocks, towel and water bottle

Classes are one hour except: *75 minutes. Yoga classes held in main building, except for 6am class.

Class Description