



# YOGA SCHEDULE

**Essential  
Yoga  
Studio**  
September  
2018 Battle  
Creek Family YMCA



The Battle Creek Family YMCA offers a variety of **FITNESS CLASSES!** With so many options to choose from, you'll be able to find something that is right for you! Check out the pool and group fitness schedule for other classes offered!

## **YOGA** Class Descriptions:

### **Level ONE:**

**Basics and Beyond:** For newer students, or those wanting to further explore foundational poses in an encouraging and slower- paced class.

**Gentle Yoga:** A less strenuous class, with light strengthening and gentle lengthening of the body. Class is accessible and a great way to start or to explore your practice.

**Restorative Yoga:** Find your way into a pose, supported by props. Release and let go into the pose rather than working to find it. Focus on relaxation and renewal.

**Yoga Flow:** Flowing movement connected with breath.

**Yoga:** Strengthen and tone, increase energy, calm and focus the mind, open to a sense of peace.

### **Level TWO:**

**Yoga for Everybody:** Greater variety; faster paced than the Basics class, with more options for intensity. Breath work, linking of poses in flow sequences, and stretching included; experience helpful.

**Slow Flow:** The movement is slow and deliberate. Great opportunity to stretch, breathe, and feel each pose. Great for firming the body and connecting with the breath.

### **Level THREE:**

**Yin:** Yin is designed to help you sit longer and more comfortably, in meditation by stretching connective tissue around the joints (mainly the knees, pelvis, sacrum, and spine). This involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper layers of fascia.

# Essential Yoga Studio – September (begins 9/4/18)

Studio is located downstairs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 – 9:15am Yoga Flow Diana	9 – 10:15am Yoga for Everybody Robin	9 – 10:30am Yoga Diana	9 – 10:15pm Yoga For Everybody Syd	9 – 10:15am Slow Flow Kathy	8:30 – 9:30am Yoga Diana	
9:45 – 11:15am Yoga Diana	10:30 – 11:30am Chair Yoga Diana	11am – 12:15pm Gentle Cheryl	6 – 7:15pm Strong Flow Meghan	11 – 12:15pm Gentle Kathy	10 – 11:15am Yoga for Everybody Jen	
10 – 11am Aerial for Beginners \$ Emily Location: Y in the Sky	6 – 7:15pm Strong Flow Grace	5:30 – 6:30pm Yoga Basics + Beyond Dawn			10 – 11am Aerial for Beginners \$ Emily Location: Y in the Sky	
11:30am – 12:30pm Yin Diana						
5:15 – 6:15pm Yoga For Everybody Robin		7 – 8:15pm Restorative \$ Syd				
6:30 – 7:30pm Yoga Basics + Beyond Myra						

\$ - Denotes a \$10 charge for these classes. Members and Non-members can purchase a Yoga Class Pass for \$80 for 10 classes.

## 15 FUN FACTS ABOUT YOGA

- Improves your flexibility
- Builds muscle strength
- Perfects your posture
- Prevents cartilage and joint breakdown
- Protects your spine

- Bettens your bone health
- Increases your blood flow
- Drains your lymphs and boosts immunity
- Ups your heart rate
- Drops your blood pressure

- Regulates your adrenal glands
- Makes you happier
- Founds a healthy lifestyle
- Lowers blood sugar
- Helps you focus



# CLASSES SCHEDULE

**FITNESS CLASSES**  
September  
2018 Battle  
Creek Family YMCA



The Battle Creek Family YMCA offers a variety of **FREE FITNESS CLASSES!** With so many options to choose from, you'll be able to find something that is right for you!

Don't forget to check out the pool schedule for the aquatic aerobic class schedule!

## Fitness Class Descriptions:

**BOA:** (Boxing on Adrenaline) Burn fat through a kickboxing based cardio, strength and endurance workout.

**BOKWA:** Trace letters and numbers with your feet while moving to the beat of today's most popular songs

**Butt & Gut\*:** GET TONED! This class focuses on strength training to reshape your ABS, hips, butt and thighs.

**Cardio Drumming** – a full-body cardio jam session, combining light resistance with constant simulated drumming.

**Doublestep:** A high-intensity, low-impact choreographed exercise performed using two step platforms.

**HIIT:** High Intensity Interval Training

**Indoor Cycling:** Cycling on a NEW level! Indoor Cycling is a form of exercise focusing on endurance, strength, intervals, high intensity and recovery all on stationary bikes.

**Indoor Cycling & Lift:** The same great cardio exercise as you'd come to expect with Spinning but this is combined with weights.

**Kickboxing Circuit:** A combination of cardio, boxing and marital arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance, along with stretching exercises.

**Kids Fit:** Fun exercises to get kids up and moving

**Metabolic Circuit:** Increase your metabolism and burn fat with a workout combining interval and strength training routines.

**Met Con:** A workout involving repeated and/or sustained high-intensity exercises, usually involving weight lifting movements, with short rest periods in order to burn fat or create a "conditioning" effect.

**PiYo:** A challenging mix of both Pilates and yoga

**Power Circuit:** Enjoy both cardio & strength training in this fast paced circuit workout.

**Pro Performance:** Take strength & cardio to an all new high! In this class we focus on strength training with weights combined with spinning for cardio and endurance.

**Parent and Me:** Parents are invited to bring their child ages 4m-18m to enjoy a fun filled workout centered around the child.

**Quick Fit\*:** Come get a full body strength training workout in just 30 minutes time.

**SilverStars:** enjoy a low impact workout using hand weights, bands, and balls.

**Stretch:** Come get a full body stretch for all your major muscle groups. While you will work the full body each week will also focus on a specific joint for mobility and flexibility.

**Strong Bodies:** In this class you will challenge your body with a mix of high intensity cardio and strength training to get fast results.

**Sunday Funday:** This is an instructors choice high intensity workout. You will combine cardio and strength training for fast results.

**S.W.A.T:** Steps Weights, and Aerobic Training

**Tang Soo Do:** Martial Arts. This class is open to the public.

**Y Pump:** Pump Up Muscle Performance guaranteed to challenge all your major muscles!

**X-Fit/Synrgy:** Xfit- A program focusing on optimizing fitness through a variety of functional, relatively high intensity workouts.

**Synrgy-** Enjoy a fast pace circuit workout on our NEW Synrgy tower while learning new exercises and the many functions of the new machine.

**Zumba\*:** Feel-the-music! Latin & International music. Dance cardio workout.

\* Family Friendly; ages 10+ with adult supervision;

# September (begins 9/4)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m. <b>Indoor Cycling*</b> (2) Roger	5:30 a.m. <b>Y-Pump</b> (1) Andrea	6 a.m. <b>Yoga</b> (1) Holly	5:30 a.m. <b>HIIT</b> (1) Andrea	5:45 a.m. <b>Indoor Cycling*</b> (2) Roger	8:00 a.m. <b>Indoor Cycling*</b> (2) Victoria R	8:30a.m. <b>Sunday Funday*</b> (1) Jocelyn
9 a.m. <b>Metabolic Circuit*</b> (1) Abby	9 a.m. <b>PiYo*</b> (1) Abby	9 a.m. <b>Indoor Cycling*</b> (2) Bre/Mary	9 a.m. <b>PiYo*</b> (1) Abby	9 a.m. <b>Indoor Cycling*</b> (2) Bre	8:45a.m. <b>Power Circuit*</b> (HEC) Marjorie	
10 a.m. <b>Pro Performance</b> (1&2) Bre/Holly	9a.m. <b>Cardio Drumming*</b> (UP) Robert	10 a.m. <b>Stretch*</b> (UP) Abby (30 min)	9 a.m. <b>Indoor Cycling*</b> (2) Holly (30 min)	9:30a.m. <b>B.O.A.*</b> (4) Victoria P	9a.m. <b>Cardio Drumming*</b> (UP) Bailey	
10 a.m. <b>Silverstars</b> (UP) Lynn	9:30a.m. <b>B.O.A.*</b> (4) Victoria P	10 a.m. <b>Yoga</b> (1) Holly (30 min)	9:30a.m. <b>B.O.A.*</b> (4) Victoria P	10 a.m. <b>Silverstars</b> (UP) Lynn	9a.m. <b>Double Step*</b> (1) Tracey	
5:30 p.m. <b>Y Pump</b> (1) Lynn	10 a.m. <b>Yoga</b> (UP) Lynn	10 a.m. <b>Silverstars</b> (UP) Stephany	10 a.m. <b>Power Circuit*</b> (HEC) Bre	10 a.m. <b>Quick Fit</b> (1) Bre/Mary (30 min)	10 a.m. <b>Zumba*</b> (1) Michelle W	
5:30 p.m. <b>Indoor Cycling</b> (2) Myra	10 a.m. <b>Power Circuit*</b> (HEC) Mary	10 a.m. <b>Yoga</b> (1) Holly	5:30 p.m. <b>Indoor Cycling &amp; Lift</b> (1&2) Pam	11 a.m. <b>Cardio Drumming*</b> (UP) Bailey	11 a.m. <b>Bokwa*</b> (1) Michelle W	
6 p.m. <b>Cardio Drumming*</b> (UP) Heidi	11 a.m. <b>Kids Fit*</b> (1) Mary	5:30 p.m. <b>Indoor Cycling &amp; Lift</b> (1&2) Mary	6-8 p.m. <b>Tang soo do*</b> (UP) Doug			
6:15 p.m. <b>Kickboxing Circuit*</b> (1) Victoria P	5:30 p.m. <b>SWAT*</b> (1) Veta	6p.m. <b>Cardio Drumming*</b> (UP) Robert				
	5:30p.m. <b>Strong Bodies</b> (4) Taryn	6p.m. <b>B.O.A.*</b> (4) Victoria P				
	6:30 p.m. <b>Indoor Cycling*</b> (2) Victoria R/Veta			<b>FITNESS CLASS KEY:</b>  (1) Studio One (2) Studio Two (4) Studio Four <small>Studio 4 is located downstairs</small> <b>For all Yoga classes            please check Essential            Yoga Studio schedule</b>		
	6:30p.m. <b>Bokwa*</b> (1) Michelle W		(HEC) Health Enhancement Center			
	6-8 p.m. <b>Tang soo do*</b> (UP) Doug		(MSC) Multi-Sports Complex (UP) Upstairs Track (WC) Wellness Center			
			* Family Friendly (10+)			