



YOGA SCHEDULE

**Essential
Yoga
Studio**

**September 2019
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:

Aerial: Join us to work on your strength and flexibility using silks, hammocks and a lyra ring. These classes are held in Y in the Sky and open to kids and adults.

Chair Yoga: Yoga moves while seated.

Class of Movement: A class of movement, meditation, mindfulness, energy balancing and self massage techniques to bring balance and harmony to mind & body with unique music.

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.

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

Yoga Nidra/I Rest: This is an active napping class. Prompt arrival is required.

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.

Yoga Flow: A combo class that offers cues for alignment and movement with Vinyasa flow. A certain sequenced class will incorporate breath and fluid movement, working toward a peak pose or targeting a specific body part.

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. Beginners are welcome as the instructor will adjust to each student.

Level THREE:

Strong Flow: Faster flows and strength building vinyasa class.

Yoga for Fitness: A flowing series of poses that creates strength, flexibility, endurance and balance.

Essential Yoga Studio – September

Studio is located downstairs

Like our FaceBook page for updates and motivation!

Essential Yoga at the Battle Creek Family YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:45 – 11:15am Yoga Flow Diana	9 – 10:15am Yoga Flow Robin	5:30 – 6:15 am Yoga for Fitness Dawn	8:45am–10am Yoga Essentials Syd	9 – 10:15am Yoga Flow Kathy	8:30 – 9:30am Yoga Flow Diana	8:30–9:45am Strong Flow Meghan
11:30am – 12:30pm Yin Diana/Cheryl	10:30 – 11:30am Chair Yoga Diana	9 – 10:30am Yoga Flow Diana	10:15am–11am Barre Beth	11 – 12:15pm Gentle Kathy	10 – 11:15am Yoga Flow Rotating Instructor	
5:15–6:15pm Yoga Flow Robin	11:45a – 12:30pm Class of Movement Janey	11am – 12pm Gentle Cheryl	6 – 7:15pm Strong Flow Jen		10 – 11am Aerial \$ Emily Location: Y in the Sky	
	6 – 7:15pm Strong Flow Grace	12:15am – 1pm Yoga Nidra/I Rest Cheryl				
		5:15 – 6:15p Yoga Essentials Syd				
		6:30 – 7:45p Restorative Syd				

\$ - Denotes a \$10 charge for these classes or 10 classes for \$80.

Non-members can purchase a Yoga Class Pass.

Aerial is limited to 15 participants.

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