



SCHEDULE

YOGA CLASS SCHEDULE (First Presbyterian)

Front PERIOD/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00A-10:00A	YOGA MIXED LEVELS with Karen		YOGA MIXED LEVELS w/Jay (45 Mins)		MIND, BODY, SPIRIT w/Elizabeth		
10:00A-11:00A				Beginner Yoga w/Elizabeth			
10:00A-11:15						YOGA MIXED LEVELS with Cynthia	
11:30A-12:30P					ASHTANGA YOGA w/ Jay		
11:30A-12:45P						BEGINNER YOGA w/Cynthia	
5:30P-6:45P	YOGA MIXED LEVELS with Mindy (1 Hr)	YOGA MIXED LEVELS with Cynthia		YOGA MIXED LEVELS with Mindy (1 Hr)			

Please check in for class using the QR Code and if it is your first time with us, fill out a waiver if you are not a YMCA member.

MEMBERS AND GUEST QR SIGN IN





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Yoga Class Descriptions

All Levels Welcome in All Classes!

ASHTANGA YOGA (1 HR): A slower paced modified version of half primary series

BEGINNER YOGA (1 - 1.25 HRS): Gentle and Relaxed practice. Suitable for all levels.

MIND, BODY, SPIRIT- (1 HR): Relax, unwind and flow with this restorative yoga class. Perfect for recovery of sore muscles or someone looking for a lighter class. De-stress your body & mind and rejuvenate your spirit

STRETCH & FLOW YOGA (1 HR): Need that little break from the work week? Come and be stretched and flow a little, then be relaxed. It's a little of everything you need.

YOGA MIXED LEVELS (45 MINS, 1 Hr & 1.25 HRS): Levels of poses range to Advanced level 1 with some intermediate practice. Each pose is demonstrated beginning with the simplest Variation and build to a more complex variation for those with more experience.

PLEASE BRING WATER TO ALL CLASSES!!

Classes are ages 13 +

Questions/Suggestions? Call Tammy Hefner (828.578.6997 / tammyh@ymcacv.org)

