

May Mind/Body Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 Group Centergy <i>Mary</i>		5:45 Yoga Flow <i>Kathi</i>			
7:00 Yoga <i>Jihahn</i> 75-min		7:00 Yoga <i>Jihahn</i> 75-min		7:00 Yoga <i>Jihahn</i> 75-min	8:00 Pilates Mat <i>Cheree</i>	
9:30 Power Vinyasa Yoga 85-95° <i>Carmen</i> 75-min	9:15 Hot Yoga 100-105° <i>Casey</i>	9:15 Pilates Mat <i>Cheree</i>	9:15 Hot Yoga 100-105° <i>Casey</i>	9:30 Power Vinyasa Yoga 85-95° <i>Carmen</i> 75-min	9:15 Yoga <i>Jihahn</i> 90-min	9:30 Hot Yoga 100-105° <i>Casey</i> 90-min
	10:30 Yoga Flow <i>Tamara</i>	10:20 Heated Centergy 85-90° <i>Dot</i>	10:30 Yoga Flow <i>Tamara</i>		11:00 Intro to Yoga & Meditation <i>Tamara</i>	
11:00 Hot Yoga 100-105° <i>Kathi</i>	12:00 Hot Power Yoga 100-105° <i>Casey</i>	12:00 Hot Yoga 100-105° <i>Kathi</i>	12:00 Gentle Yoga <i>Dode</i>	11:00 Hot Yoga 100-105° <i>Carmen</i>	12:15 Hot Yoga 100-105° <i>Rotating Instructor</i>	
4:45 Zumbatomic <i>Donna</i> 45-min	4:45 Hot Yoga 100-105° <i>Casey</i>	4:45 Family Yoga <i>Bari/Tamara</i> 45-min	4:45 Hot Yoga 100-105° <i>Jawea</i>			3:15 Heated Centergy 85-90° <i>Mary/Dot</i>
5:45 Vinyasa Flow Yoga 75-80° <i>Tamara</i>	6:00 Group Centergy <i>John</i>	5:45 Vinyasa Flow Yoga 75-80° <i>Helen</i>	6:00 Group Centergy <i>Mary</i>			
7:00 Hot Yoga 100-105° <i>Meigan</i>		7:00 Hot Yoga 100-105° <i>Casey</i>				



All classes 60 minutes unless otherwise posted
Temperature for heated classes is posted

Columbia Athletic Clubs-Silver Lake • 505 128th Street SE • Everett, WA 98208
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MIND/BODY STUDIO CLASS DESCRIPTIONS

INTRO TO YOGA & MEDITATION: for the beginner. Learn basic poses, postures, and balances along with proper form and alignment. Class closes with meditation.

YOGA: strong focus on breathing, alignment and flexibility. Class ends with meditation.

GENTLE YOGA: a class for those just beginning a yoga practice, recovering from injury, or those needing a slower paced yoga experience. Focus is on alignment, flexibility, and breathing.

POWER VINYASA YOGA: a dynamic, flowing class taught in the style of Baron Baptiste.

VINYASA FLOW YOGA: A mixed level, active and flowing class for those wanting to deepen their practice. A variety of poses will be explored. An excellent class for those needing to cross train and stretch for tennis and running.

HOT YOGA: 60 or 90 minute class that includes breathing exercises and hatha yoga postures designed to work every muscle, organ, joint, gland, tendon, ligament and cell in the body. An excellent full-body workout done in a heated environment.

YOGA FLOW: This class offers the foundation poses of Yoga with a focus on breathing and proper alignment. We will flow through the poses using the breath. A great opportunity to work on flexibility and endurance. Sometimes energetic, sometimes slower, depend on class participants.

FAMILY YOGA: A yoga class specifically designed for kids aged 7-17. Parents are welcome to join.

PILATES MAT: Condition the deeper, supporting muscles of the body to improve posture, balance, strength and coordination.

GROUP CENTERGY: Redefine yourself with Group Centergy. Grow longer and stronger as you explore this 60- minute journey of yoga and Pilates movements. Positive uplifting music, group dynamic and supportive instructors will enable you to center your energy, reduce stress and even smile.

~PLEASE BRING YOUR OWN MAT to all Yoga, Group Centergy and Pilates Mat Classes~