

# Mind Body Center Class Schedule

January 2012

\*No Classes on Holidays: 1/1



**BARTON CREEK**  
RESORT & SPA®

## Mind Body Center Classes– Studio A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-6:55 am <i>Yogalates</i> Jessica				
8:30-9:25 am <i>Super Conditioning Bootcamp (L2)</i> Steven	8:30-9:25 am <i>Ultimate Challenge (L1&amp;2)</i> Adam	8:30-9:25 am <i>Super Conditioning Bootcamp (L2)</i> Steven	8:30-9:25 am <i>Ultimate Challenge (L1&amp;2)</i> Adam	8:30-9:25 am <i>Super Conditioning Bootcamp (L1&amp;2)</i> Steven	8:15-9:10 am <i>Hatha Yoga Flow (L1&amp;2)</i> Brandy	8:15-9:10 am <i>Rise and Shine Yoga</i> Amanda (L1&2)
9:45-10:40 am <i>NEW! Pilates with Props (L2)</i> Cathy	9:35-10:30 am <i>Vinyasa Flow Yoga (L2)</i> Brandy	9:45-10:40 am <i>Power Pilates (L1&amp;2)</i> Ashlee	9:35-10:30 am <i>Vinyasa Flow Yoga (L2)</i> Brandy	9:45-10:40 am <i>Power Pilates (L2)</i> Cathy	9:45-10:40 am <i>Power Pilates (L1&amp;2)</i> Ashlee	
11:00-11:45 am <i>Stretch Clinic (L1)</i> Steven	10:35-11:25 am <i>Vertical Pilates</i> Lori	11:00-11:45 am <i>Stretch Clinic (L1)</i> Steven	10:35-11:30 am <i>ZUMBA (L1)</i> Kathleen	11:00-11:45 am <i>Stretch Clinic (L1)</i> Nicole		
12:00-12:55 pm <i>Gentle Yoga (L1)</i> Amanda	12:00-12:55 pm <i>Hatha Yoga Flow (L1&amp;2)</i> Paula	12:00-12:55 pm <i>Gentle Yoga (L1)</i> Amanda	12:00-12:55 pm <i>Hatha Yoga Flow (L1&amp;2)</i> Paula			
4:00-4:55 pm <i>ZUMBA (L1)</i> Kathleen		4:00-4:55 pm <i>ZUMBA (L1)</i> Kathleen				
	5:00-5:55 pm <i>Yoga for Kids (L1)</i> Amanda		*5:00-5:55 pm <i>Yoga for Kids (L1)</i> Amanda			
6:00-6:55 pm <i>Power Pilates</i> Ashlee	6:00-6:55 pm <i>Hatha Yoga Flow (L1&amp;2)</i> Amanda	6:00-6:55 pm <i>Mat Pilates</i> Ashlee	*6:00-6:55 pm <i>Hatha Yoga Flow (L1&amp;2)</i> Amanda			
			*Class will be in Tranquility Room 1/12			
				<u>Class Intensity Level</u> L1– All ability levels L1&2- Intermediate to Advanced Class– Some Yoga experience recommended L2– Advanced Class– at least 3 months of consistent experience recommended or participation in Private Series L3-Advanced + class– at least 6 months of consistent experience recommended or participation in Private Series		

Mind Body Center– Studio A  
*Yoga, Pilates, Dance and Stretch*  
 Class Descriptions

Ashtanga Improvisation	Brandy	Often referred to as “Power Yoga”, this is a challenging class that synchronizes postures and breath in a flowing rhythmic sequence referred to as Vinyasa. This class follows the principles of Ashtanga yoga but does not strictly adhere to the Primary series sequence. This class is appropriate for beginner to intermediate students.
Hatha Yoga Flow	Brandy, Paula, Amanda	This class uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of building core strength, flexibility and a calm nervous system. Postures are presented in a challenging way introducing a great range of back bends, shoulder stands, inversions, arm balances and sun salutations. Often considered the core of Hatha yoga practice, sun salutations are a series of postures that flow into each other with the breath. Hatha yoga postures stretch and align the body, promoting balance and flexibility. This class is good for students who like an energizing practice with more variety. Appropriate for the intermediate to advanced yoga student.
Gentle Yoga	Amanda	Amanda’s Gentle Yoga helps develop balance, strength and flexibility in the body and each class will give special attention to the lower back and shoulders. This class is appropriate for beginners, those recovering from injury, those lacking flexibility, and those interested in a more relaxed yoga practice with time to modify and stay in each pose. Using the breath and a mindfulness practice, we will move through a sequence of postures and joint movements to improve body awareness, develop core strength and healthy alignment in the spine so that you feel better!
Power Pilates	Ashlee	A fast-paced pilates workout with a flowing sequence. These non-traditional classes focuses on proper body movement, alignment, core stabilization, and challenges upper/ lower body work simultaneously. Mats, balls, bars, and bands may be used to work all muscle groups.
Pilates with Props	Cathy	This class will focus on Pilates matwork with added intensity by using Pilates Fitness Circles, small balls, stability balls, foam rollers, gliders and resistance bands. It takes the traditional mat class to a another level through a variety of exercises to produce core strength, postural alignment and toning benefits. It will challenge coordination, breath, endurance, and control of movement. Wear form-fitting clothing that moves easily and exercises are performed barefoot or with yoga socks. Recommended for advanced beginner, intermediate and advanced level students.
Rise and Shine Yoga	Amanda	Start your week with a yoga practice that is playful, safe and perfectly challenging. We will have a gentle opening to wake our bodies up to the day and finish with an energizing sequence so you are ready for the week ahead.
Stretch!	Steven, Nicole	Designed to develop flexibility. This class is very basic and easily modified to cater to each individual’s flexibility level and/ or needs.
Super Conditioning Bootcamp	Steven	A full body workout combining cardiovascular interval training with strength conditioning exercises. Specifically designed to challenge students both aerobically and anaerobically, this class combines all you want in a workout into a one-hour format.
Ultimate Challenge	Adam	The Ultimate Challenge is the triple threat of fitness. This class aims to help you become your best in all three! Using varying formats to keep your body guessing at what’s to come next, this class is guaranteed to challenge your strength and cardiovascular system while rewarding you with an extended flexibility segment at the conclusion of each class.
Vertical Pilates	Lori	An innovative, advanced approach to Pilates matwork with most done in a standing position. This technique works your entire body as it enhances precise control of each muscle through balance and coordination. The breath is revisited in order to adjust to the increased work effort and the moves are a combination of traditional Pilates, rhythmic movement and balance challenges with the usual focus on core strength. Learn how to transition Pilates mat moves to a vertical position of the body.
Vinyasa Flow	Brandy	Linking the breath and movement of Ashtanga, the precision of Iyengar alignment, and the heart opening of Anusara yoga, this dynamic practice balances strength and flexibility, concentration and relaxation, will and surrender. The emphasis is to cultivate and sustain inner calm throughout this practice. Please note this is an advanced class and is specifically geared toward experienced yoga students.
Yogalates	Jessica	Love Yoga? Love Pilates? Only have time for one today? Recharge with this unique and creative blend of two systems in one class that combines the best of both worlds!
Yoga for Kids	Amanda	Kids will enjoy this playful approach to yoga poses, tumbling and meditation. Yoga play gives kids the opportunity to develop body awareness, concentration and healthy self-esteem in a non-competitive environment. Join in the fun! Appropriate for kids ages 6-10.
ZUMBA	Kathleen	A fast-paced class that combines Latin and International rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.