

MANLIUS YMCA

Group Exercise Schedule

February 26th – April 22nd

	Class	Instructor	Location
6:00am	Yoga	Lisa R.	Yoga Studio
7:30am	Gentle Yoga	Lisa R./Linda S.	Yoga Studio
9:00am	Yoga w/Meditation	Ellin A.	Yoga Studio
9:00am	WERQ	Niki P.	Turf Field
10:00am	Pilates	Karen L.	Yoga Studio
10:00am	H.I.I.T. Training	Cindy P.	Turf Field
11:00am	NIA™	Kathleen C.	Yoga Studio
6:00pm	Piloxing	Christine R.	SACC Gym
6:00pm	Emotional Freedom	Lynne P.	Yoga Studio
Tuesday			
	Class	Instructor	Location
8:00am	Kundalini Yoga	Chris D.	Yoga Studio
9:00am	Kundalini Yoga	Chris D.	Yoga Studio
10:00am	Meditation & Mantra	Chris D.	Yoga Studio
12:00pm	Forrest Yoga	Gyata S.	Yoga Studio
6:00pm	Restorative Yoga	Linda S.	Yoga Studio
Wednesday			
	Class	Instructor	Location
9:00am	Yoga	Deborah R.	Yoga Studio
9:00am	WERQ	Christine R.	Turf Field
10:00am	Pilates	Karen L.	SACC Gym
6:00pm	Hot Yoga	Kristen B.	Yoga Studio
Thursday			
	Class	Instructor	Location
9:00am	Kundalini Yoga	Chris D.	Yoga Studio
10:00am	Meditation & Mantra	Chris D.	Yoga Studio
11:00am	NIA	Kathleen C.	Yoga Studio
12:00pm	Forrest Yoga	Gyata S.	Yoga Studio
6:00pm	Yoga	Marcelle H.	Yoga Studio
6:00pm	STEP	Jennifer K./Mary M.	SACC Gym
Friday			
	Class	Instructor	Location
7:30am	Yoga	Lisa R./Linda S.	Yoga Studio
9:00am	Piloxing	Christine R.	Turf Field
9:00am	Emotional Freedom	Lynne P.	Yoga Studio
11:00am	Yoga	Hareen K.	Yoga Studio
1:00pm	Tai Chi for Arthritis	Genoa W.	Yoga Studio
Saturday			
	Class	Location	Location
9:00am	Yoga for Athletic Performance	Kelly S.	Yoga Studio
Sunday			
	Class	Instructor	Location
9:00am	Yoga	Marcelle H.	Yoga Studio

*Class size is limited! Tickets are required to attend Hot Yoga class. Receive a ticket from the membership desk beginning 15 minutes prior to class.
 All participants must be at least 8 years of age unless otherwise stated under description. Classes are for all levels.

MANLIUS GROUP EXERCISE CLASS DESCRIPTIONS

EMOTIONAL FREEDOM: Take your physical and emotional well-being into your own hands. "Tapping" is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – literally tapping into your body's own energy and healing power, resulting in mental and physical stress relief.

FORREST YOGA: Forrest Yoga is a modern practice that emphasizes the development of deep, smooth breathing. Postures are chosen and sequenced to address body areas that are common problem areas, such as low back, neck, shoulders and hips. Strength, flexibility, balance and the ability to feel within, are developed with consistent practice. The room is heated to approximately 80 degrees.

GENTLE YOGA: Allows you to complete traditional yoga poses at a slower pace and with modifications as needed, improved breath, flexibility, and strength are the goals, with fewer up & down transitions onto the mat or chair. Perfect for beginners or those looking for a more relaxed and laid back workout.

H.I.I.T. Training: High Intensity Interval Training. Cardio and strength training intervals combine for a total body workout. Equipment varies.

HOT YOGA: Hot Yoga combines Power Yoga with Vinyasa Flow in a warm 85-90 degree room. You will sweat more in this class than an average class, so bring a bottle of water and towel. Hot Yoga challenges your strength, endurance, flexibility and balance.

KUNDALINI YOGA: The class blends breathe control, stretching, mediation and chanting, using the science of sequencing. Class ends with meditation, leaving you feeling energized, relaxed, and focused.

MEDITATION & MANTRA: Calm your mind, center your being your spirit. This class will teach you how to meditate and introduce you to healing mantras.

NIA™: This mind-body workout fuses martial arts, dance and Yoga movements. Come learn how to quiet the mind, enhance posture and body awareness, while getting a cardiovascular workout and having fun!

PILATES: Class focus on developing lean muscles, balance of the mind and body, flexibility and working the core muscles (abdominals, low back and glutes) through a series of choreographed movements that are done on a mat. This exercise program will leave you feeling relaxed and invigorated.

PILOXING: Piloxing uniquely blends the power, speed, and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a muscle sculpting, core-eccentric interval workout.

RESTORATIVE YOGA: Typically involves fewer poses, supported by props that allow you to completely relax and release deep fascia and muscle tension. Held for a few minutes, restorative poses include gentle opening poses to leave you feeling rested and renewed.

STEP: A choreographed routine of stepping up and down on a rectangular platform (STEP). It is a great cardio workout and will tone your entire low body. It is also a great cross training activity for runners, cyclists, and walkers. All levels are welcome.

TAI CHI FOR ARTHRITIS: Tai Chi is an ancient practice proven to improve mental and physical well-being. Using gentle Sun-style tai chi movements, it can help you reduce stress, improve breathing, develop balance, mobility and body awareness.

WERQ: Cardio dance fitness class based on current pop and hip-hop music. The easily recognizable songs are paired with fun, creative choreography. Cool down and Pilates/Yoga inspired poses complete the workout. The purpose is to improve your cardiovascular endurance.

YOGA: Class begins with conscience breathing techniques and gentle warm-up stretches which lead into a variety of yoga postures to challenge the body through stretching, relaxation, and breathing. Flexibility, strength and muscle tone improve as spirit/mind/body work together in harmony.

YOGA FIT: Begins with conscience breathing techniques to calm the body and mind to prepare for class. Gentle warm-up stretching, relaxation and breathing while moving into postures. Flexibility, strength and muscle tone improves as students flow from one pose to the next in a quick 55 minute workout.

YOGA FOR ATHLETIC PERFORMANCE: Designed to enhance athletic performance and everyday agility by balancing body alignment for full range of motion and energy return. Breath-work (Pranayama) and poses (Asanas) will be taught from the foundational level.

