

## **RIVER OAKS ATHLETIC CLUB**

### **2010 YOGA/PILATES/TAI CHI SCHEDULE**

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRIDAY</b>	<b>SAT</b>	<b>SUNDAY</b>
<b>8:00 AM</b>					8:00-8:45AM TAI CHI (TONI)		
<b>9:00 AM</b>	9:00-10:30AM BASIC YOGA (SUSAN)	9:00-10:15AM PILATES (DOREEN/JAN)	9:00-10:30AM BASIC YOGA (TOLISA)	9:00-10:15AM PILATES (DOREEN/JAN)	9:00-10:30AM BASIC YOGA (DOREEN)		
<b>10:00 AM</b>						10:00-11:00AM PIYO (JAN)	
<b>10:15 AM</b>							10:15-11:30AM YOGA FLOW (DOREEN)
<b>10:45 AM</b>	10:45-12PM SR. YOGA (SUSAN)		10:45-12:00PM THERAPY YOGA (TULISA)		10:45-12PM SR. YOGA (DOREEN)		
<b>12:00 PM</b>				12:15-1:30PM MEN'S YOGA (DOREEN)			
<b>4:15 PM</b>	4:15-5:15PM YOGA FLOW (DOREEN)		4:15-5:15PM YOGA FLOW (DOREEN)				
<b>5:30 PM</b>		5:30-6:30PM BEG YOGA (BARB)	5:30-6:30PM PILATES (BARB)				
<b>6:00 PM</b>				6:00-7:15PM YOGA BASICS (JOY)			
<b>6:30 PM</b>			6:30-7:45PM POWER FLOW (SUSAN)				

- BASIC YOGA:** GENTLE STRETCH YOGA COMBINED WITH STRENGTH, BREATHING TECHNIQUES AND MEDITATION
- YOGA BASICS:** BEGINNING FUNDAMENTALS OF YOGA. A GREAT CLASS FOR A NEW PERSON TO THE PRACTICE OF YOGA.
- POWER FLOW:** (YOGA BACKGROUND REQUIRED) DEDICATED TO THE YOGA ENTHUSIAST THAT INCORPORATES A HIGH INTENSITY CLASS BALANCING POWER AND STRENGTH.
- YOGA FLOW:** AN INTERMEDIATE YOGA CLASS EMPHASIZING CONTROLLED MOVES IN A SLOW AND STEADY FLOW TO BUILD STRENGTH AND FLEXIBILITY.
- PIYO:** A CLASS THAT COMBINES PILATES AND YOGA EMPHASIZING CORE STRENGTH WITH YOGA STRETCHES.
- SENIOR YOGA:** FOR OUR "YOUNG AT HEART" YOGA ENTHUSIASTS WHO NEED SPECIAL ASSISTANCE WITH CERTAIN POSES AND TECHNIQUES.
- PILATES:** A CLASS THAT STRENGTHENS THE SPINE, NECK, SHOULDERS, ABS, HIPS AND THIGHS. THIS MAT CLASS UTILIZES PROPS SUCH AS DYNA BANDS, STABILITY BALLS AND SLOW-MO (MINI) BALLS.