

CLASS DESCRIPTIONS

YOGA

Anusara Yoga Fundamentals – Through dynamic movement and balanced energetic action based on the Universal Principles of Alignment, this class will help you slowly develop skill and safely expand your yoga practice.

Anusara Going Deeper – This class goes deeper into the grounding principles of Anusara Yoga, a unique blend of open heart, precise alignment, and balanced action. For those familiar with Anusara Fundamentals of simply eager to learn!

Flow Yoga – Active Vinyasa style yoga class designed to improve strength, cardiovascular health, and flexibility, without breaking the natural flow from pose to pose. The focus will be on alignment and breath as you are given options in each pose so that you feel challenged, yet successful.

Hatha Yoga – This classic style balances the practice of meditative mindfulness and breath, with slow execution of physical postures.

Iyengar Yoga – Founded by the great yoga master BKS Iyengar, this style focuses on executing classic poses with precision & attention to form through the use of blankets, straps & blocks.

Kripalu Yoga – Kripalu yoga is a slow & meditative form of yoga that is considered to be one of the gentler forms, & is best suited for beginners.

Perpetual Yoga – This style of yoga combines gentle, natural movements with steady yogic postures that will improve joint mobility, create muscle elongation, refine balance and dissolve tension while developing mind/body awareness. Beginners are welcome.

Slow Flow Yoga – Have some yoga experience and ready for something more energetic? Slow Flow Yoga is for you. Take your practice to the next level by working on a wider spectrum of challenging poses in a slow and expansive way.

Svaroopa Yoga – In this healing style of yoga, your body is supported in gentle poses which carefully & gradually release the deepest layers of tension in the body. A must for everyone!

Vinyasa Yoga – Focus on posture and alignment as you perform "asanas" or yoga postures arranged into different sequences of breath-synchronized movement!

Yoga For Everyone – Carefully journey through a series of postures that promote mental calmness, improve flexibility, boost strength, enhance resilience, and relieve stress. ALL LEVELS WELCOME.

Yoga Fundamentals – Build or improve the foundation of your yoga practice as you explore specific alignment of poses as well as the relationship of movement, breath, meditation and relaxation. Perfect for stress relief and overall well being.

T'AI CHI

T'ai Chi (ALP) – T'ai Chi Chuan is an ancient Chinese discipline involving a formal series of choreographed movements that are known for their stress-relieving effects on both body and mind. Pre-registration is required for each session. No drop-ins are allowed.

PILATES MAT

Pilates is a method of exercise named after its' 1930's originator, Joseph Pilates. Classical and modified strengthening and toning exercises, as well as stretching, are further enhanced with small apparatus, including balls, rings, foam rollers and bands.

Level I reviews the 6 principles of Pilates (concentration, coordination, centering, method breathing, precision, and flow) and is perfect for beginners.

Level II puts the parts together in increasingly challenging exercises for a total body workout.

FLEXIBILITY

Lisa's Stretch – Lengthen tense muscles while opening tight joints to the sounds of blues, jazz, opera and classical music.

Stretch and Strengthen (ALP) – Increase flexibility and ease of movement in a relaxing environment with gentle stretches.

Gyrokinesis – A unique program of seated movements that flow in a rhythmical manner to increase spinal and joint mobility. Perfect for all ages & fitness levels.

CLASSICAL DANCE

Ballet Barre – Classical ballet exercises will be performed at the barre that will improve grace, flexibility, balance and strength, followed by center work that will include jumps and turns.

Jazz Dance – Express yourself in the style of Fosse, Horton, modern jazz and blues in this class of dance technique & choreography.

NIA – This cardio dance class combines movements from yoga, tai chi, Tae Kwon Do, Jazz & Modern Dance to create a workout like no other.

THE STUDIOS

1st Floor Studio, 2nd Floor studio, 2nd Floor 2b (outside 2nd floor studio), 3rd floor studio

THE MIND BODY SCHEDULE IS A MOVING SCHEDULE. The management reserves the right to make schedule changes as necessary. Classes with poor attendance are subject to cancellation.



EFFECTIVE January 2012 Class Schedule



Nia
Yoga
Tai Chi
Pilates
Stretch
Meditation
Gyrokinesis
Classical Dance

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MONDAY	CLASS	LEVEL	LOC	INSTRUCTOR
6:45am	Slow Flow Yoga (75 min)	multi	2nd fl	Natasha
9:00am	Anusara Yoga Fundamentals (75 min)	multi	2nd fl	Diana
10:30am	Gyrokinesis	multi	3rd fl	Arian
10:30am	Jazz Dance (75 min)	multi	2nd fl	Lisa S
11:45am	Pilates Mat / All Levels	multi	2nd fl	Rhonda
11:45am	Iyengar Yoga I (75 min)	multi	3rd fl	Marysia
5:30pm	Flow Yoga	multi	3rd fl	Sergio

TUESDAY	CLASS	LEVEL	LOC	INSTRUCTOR
8:30am	Perpetual Yoga	multi	3rd fl	Ben B
9:30am	Tai Chi Form 42 continuing		3rd fl	Ben B
10:30am	Stretch & Strengthen	multi/ALP	2nd fl	Gail
10:30am	Tai Chi Form 42 continuing		3rd fl	Ben B
11:30am	Tai Chi Form 42 continuing		3rd fl	Ben B
11:45am	Pilates Mat / Level II	int/adv	2nd fl	Jan
4:30pm	Yoga for Everyone (75 min)	multi/ALP	2nd fl	Linda
6:00pm	NIA	multi	2nd fl	Kira
6:00pm	Tai Chi Form 42		3rd fl	Ben B
7:00pm	NEW! Tai Chi Form 42 Starts 1/3	beg	2nd fl	Ben B
7:00pm	Yoga Fundamentals (75 min)	beg	3rd fl	Arthur

WEDNESDAY	CLASS	LEVEL	LOC	INSTRUCTOR
7:00am	Kripalu Yoga	multi	2nd fl	Ben C
8:30am	Tai Chi Form 42		3rd fl	Ben B
9:15am	NIA	multi	2nd fl	Kira
9:30am	Tai Chi Form 42		3rd fl	Ben B
10:30am	Tai Chi Form 42		2nd fl 2b	Ben B
10:30am	Anusara Going Deeper (75 min)	multi	3rd fl	Diana
10:30am	Ballet Barre (75 min)	multi	2nd fl	Kim
11:45am	Pilates Mat / Level I	beg	2nd fl	Catherine
4:30pm	Svaroopaa Yoga (90 min)	beg/ALP	2nd fl	Doreen
6:15pm	Pilates Mat / All Levels (45 min)	multi	2nd fl	Myra
6:15pm	Vinyasa Yoga (75 min)	int/adv	3rd fl	Andre

LOOKING FOR A PRINTED SCHEDULE?

Go online – www.mountauburnclub.com. Help us be green!

To find out about schedule changes, class cancellations and new classes, follow us on:

Effective January 1, 2012

THURSDAY	CLASS	LEVEL	LOC	INSTRUCTOR
8:30am	Yoga Fundamentals	beg	3rd fl	Arthur
10:30am	Stretch & Strengthen	multi/ALP	2nd fl	Rose
11:45am	Pilates Mat / Level II	int/adv	2nd fl	Sergio
4:30pm	Yoga For Everyone (75 min)	multi/ALP	2nd fl	Linda

FRIDAY	CLASS	LEVEL	LOC	INSTRUCTOR
6:45am	Slow Flow Yoga I (75 min)	multi	3rd fl	Sergio
9:30am	Hatha Yoga Basics	beg/ALP	3rd fl	Lisa H
11:45am	Pilates Mat / Level I	beg	2nd fl	Lisa H
5:30pm	Kripalu Yoga (75 min)	multi	2nd fl	Diann

SATURDAY	CLASS	LEVEL	LOC	INSTRUCTOR
9:45am	NIA	multi	2nd fl	Ana A
11:00am	Anusara Inspired Yoga I/II (90 min)	beg/int	2nd fl	Julia
1:00pm	Lisa's Stretch	multi	2nd fl	Lisa S
3:00pm	Pilates Mat / Level I	beg/int	2nd fl	Leah
4:00pm	Svaroopaa (90 min)	multi	3rd fl	Doreen

SUNDAY	CLASS	LEVEL	LOC	INSTRUCTOR
12:00pm	Kripalu Yoga (90 min)	multi	3rd fl	Diann
4:00pm	Pilates Mat / Level II	int/adv	2nd fl	Rhonda



Tai Chi BEGINNER SESSION STARTING

**Tuesday Jan 3
7:00pm**

Enrollment open through
January 31

Register at reception desk
617-923-2255 x254