



# REFLECTIONS CLASS SCHEDULE

USE MINDBODY APP FOR CLASS REGISTRATION

Class reservations can be made up to 7 days in advance

Front Desk Phone (910) 342 – 2215

Email: FWCFitness@camsmgt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Sunrise Power Yoga</b> Mary 8:30 – 9:30		<b>Sunrise Power Yoga</b> Susie 8:15 – 9:15		<b>Sunrise Power Yoga</b> Mary 8:30 – 9:30	
<b>Yoga Fundamentals</b> Mary 9:45 – 10:45	<b>Flow Yoga</b> Kristen 9:45 – 10:45	<b>Barre</b> SheaRa 9:30 – 10:30	<b>Gentle 1 Yoga</b> Kristen 9:30 – 10:30	<b>Yoga Fundamentals</b> Mary 9:45 – 10:45	
	<b>Gentle 1 Yoga</b> Kristen 11:00 – 12:00	<b>Pilates</b> Kristen 10:45 – 11:45	<b>Pilates</b> SheaRa 10:45 – 11:45		
 <b>*NEW CLASS*</b> <b>Barre Sculpt</b> Nancy 11:30 -12:30 <b>*Starting Sept 12</b>		<b>Yin Yoga</b> Kristen 12:00 – 1:00			
	<b>Align &amp; Flow Yoga</b> Mary 1:00 – 2:00			<b>Tai Chi</b> Andrea 1:00 – 2:00	
 <b>*NEW CLASS*</b> <b>Restorative Yoga</b> Kristen 7:00 – 8:00 <b>*Starts Sept 12</b>	<b>Tai Chi</b> Andrea 6:00 – 7:00				

**\*\* SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE\*\***

## **CLASS DESCRIPTIONS:**

### **Align and Flow Yoga – Experienced Beginner to Intermediate**

This slow flow class uses a blend of breathing, standing poses, twists, and balances to achieve strength and flexibility. Mat work

### **Barre – All Levels**

Using the support of a barre, participants will use low impact movements and poses to target the core, glutes, hips, and even the upper body.

### **Barre Sculpt – Advanced Beginner Level**

Ballet inspired workout for non-dancers. Taking techniques and influence from classical ballet, Barre Sculpt shall tone, strengthen and lengthen your muscles without adding bulk. It is a low impact form of exercise so it is gentle on your joints and suitable for all ages. Mat work

### **Flow Yoga – Intermediate to Advanced**

Flowing sequences involving sun salutations, standing and seated postures with a strong focus on the power of breath awareness.

### **Gentle 1 Yoga – Beginner to Experienced Beginner**

A gentle journey on the mat; Reduce stress, stretch limbs/ muscles, calm the mind, balance, breathe, and enhance circulation. Mat work

### **Pilates – Intermediate to Advanced Level**

This class will focus on abdominal strength as well as stretching the back, sides, front body, and hamstrings. This will help to improve posture, balance, flexibility, and core strength. Mat work.

### **Restorative Yoga – All Levels**

A very meditative practice that incorporates the use of props like blankets, bolsters, and blocks to support the body as we hold poses which allow the body to move into a very relaxed state

### **Sunrise Power Yoga – Intermediate to Advanced**

Flowing Vinyasa sequences combined with standing poses, forward bends, back bends, twists and balances to energetically work the whole body. Mat work

### **Tai Chi – All Levels**

This Ancient Chinese mindful health exercise includes a slow flow of select Tai Chi movement sequences that will improve your flexibility and strength. Tune your body, breath and bioenergy with QiGong. Top it off with Qi self-care

### **Yin Yoga – All Levels**

This meditative style of yoga focuses on holding long deep stretches on the mat, sometimes utilizing props like bolsters, blocks, blankets, and straps. Yin not only focuses on opening up the muscle tissue, but also fascial tissue and connective tissue

### **Yoga Fundamentals – Beginner to Experienced Beginner**

With an emphasis on seated, supine, and prone poses this class will use the principles of Yin Yoga and Restorative Yoga to stretch and stimulate the deep connective tissues of the body. Mat work.