

REFLECTIONS CLASS SCHEDULE

CLASS SCHEDULE EFFECTIVE APRIL 4 UNLESS OTHERWISE NOTED

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
Sunrise Power Yoga Mary 8:30 – 9:30	Pilates Foundations Jessica 8:30 – 9:30			Sunrise Power Yoga Mary 8:30 – 9:30	
Yoga Fundamentals Mary 9:45 – 10:45	Flow Yoga Kristen 9:45 – 10:45	Barre SheaRa 9:30 – 10:30	Gentle 1 Yoga Kristen 9:30 – 10:30	Yoga Fundamentals Mary 9:45 – 10:45	
	Gentle 1 Yoga Kristen 11:00 – 12:00	Pilates Kristen 10:45 – 11:45	Pilates SheaRa 10:45 – 11:45		
		Yin Yoga Kristen 12:00 – 1:00		Pilates Foundations Jessica 12:15 – 1:15	
	Align & Flow Yoga Mary 1:00 – 2:00		Stretch & Strengthen Yoga Gail 12:45 – 1:45		
	NEW CLASS Tai Chi Gong Sunny 6:00 – 7:00				
	NEW CLASS Arnis Fitness Sunny 7:15 – 8:15		**NEW CLASS** Restorative Yoga Kristen 7:00 – 8:00 <i>*Starting April 21</i>		

**** 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

Arnis Fitness – All Levels

This traditional martial art of the Philippines involves performing rhythmic bodyweight movements to improve strength, balance, and overall health. These callisthenic exercises will include standing, grasping, pushing, and more. No 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.

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.

Pilates Foundations – Beginner to Experienced Beginner

Perfect for those who are new to Pilates. Keeping the classical approach of Joseph Pilates, you'll gain an understanding of the movements and breathing patterns associated with the art of Pilates while strengthening stabilizers, improving functional movement, and rehabilitating low back pain

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

Stretch & Strengthen Yoga – Beginner to Experienced Beginner

Class begins with seated stretches, then move to a gentle poses on hands & knees, followed by sun salutations, standing poses, balancing, and abdominal work. Finish on the mat with meditative relaxation poses

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 Gong – All Levels

An ancient art and philosophy of harnessing the power of nature to enhance one's health and well-being. The practice focuses on balance and remaining grounded as one moves through slow meditative movements. No mat work.

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.