

# 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>Strong Vinyasa Flow</b> Mary 7:15 – 8:15				<b>Strong Vinyasa Flow</b> Mary 7:15 – 8:15	
<b>Yoga For Fitness</b> Mary 8:30 – 9:30	<b>Morning Vinyasa Flow</b> Michelle 8:15 – 9:15	<b>Pilates (8:15)</b> Susan 8:15 – 9:15	<b>Potluck Pilates</b> Kristen 8:15 – 9:15	<b>Yoga For Fitness</b> Mary 8:30 – 9:30	<b>Somatic Developmental Yoga</b> Kim 8:30 – 9:30
<b>Gentle Flow Yoga</b> Michelle 9:45 – 10:45	<b>Yin Yoga</b> Mary 9:30 – 10:30	<b>Pilates (9:30)</b> Susan 9:30 – 10:30	<b>Basic Yoga</b> Juanita 9:30 – 10:30		<b>Slow Flow Yoga &amp; Mobility</b> Kim 9:45 – 10:45
<b>Barre Sculpt</b> Nancy 11:00 – 12:00	<b>Vinyasa Yoga</b> Kellie 10:45 – 11:45	<b>Gentle Yoga Flow Level 2</b> Victoria 10:45 – 11:45 <i>*Starting 1/14</i>	<b>Gentle Yoga</b> Kristen 10:45 – 11:45	<b>Pilates</b> Victoria 10:45 – 11:45	
		<b>Gentle Yoga Flow Level 1</b> Victoria 12:00 – 1:00 <i>*Starting 1/14</i>			
<b>Tai Chi – Yang 24 Forms</b> Andrea 4:00 – 5:00	<b>Slow Flow Yoga &amp; Mobility</b> Isabella 4:15 – 5:15				
<b>Yin/Restorative Yoga</b> Victoria 5:15 – 6:15					

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

## Open Hours of Use for Reflections Group Fitness Room

*\*\*Please allow for 15 minutes of setup time before the start of any fitness class\*\**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am – 7:00am	5:30am – 8:00am	5:30am – 8:00am	5:30am – 8:00am	5:30am – 7:00am	5:30am – 8:15am
9:45am – 10:45am	12:00pm – 4:00pm	1:15pm – Close	12:00pm – Close	9:45am – 10:30am	11:00am - Close
12:15pm – 3:45pm	5:30pm - Close			12:00pm – Close	
6:30pm - Close					

## **CLASS DESCRIPTIONS:**

### **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

### **Basic Yoga – All Levels**

Basic yoga asana (postures), breath work, and gentle warming movements to build strength, flexibility and relaxation. Focus on standing poses and basic seated work that is suitable for all levels with modifications offered as needed. Generally a slower pace than vinyasa yoga. Includes mat work.

### **Gentle Flow Yoga – Beginner to Experienced Beginner Level**

Our gentle flow class is a softer option to a traditional vinyasa flow. The focus of this hour is to blend breath and movement that will encourage the body to lengthen and strengthen as the mind clears. Mat work.

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

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

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

In this mellow 60 minute offering, you will be guided through a practice that invites you to focus on your breath and your awareness of self through flowing postures that help you stretch and explore your body, mind, and spirit. The majority of the class will be spent in recumbent and seated poses while offering support during a kneeling/standing section included to invite expansion and growth. Mat work.

### **Gentle Yoga Flow Level 2 – Experienced Beginner to Intermediate Level**

If you are looking to explore an enlivened yoga practice that still retains a "gentle" energy, then this 60 minute practice is for you. As you are guided to attune to your breath and awareness of self, you will be taken through an exploration of seated and standing asana flows that serve to improve the balance and flexibility that exist not only in the body, but in the mind and spirit. Mat work.

### **Morning Vinyasa Flow – Beginner to Intermediate Level**

Start your day with a 60-minute class to help students explore the fundamental principles & postures of a vinyasa flow while working on safe alignment and cues. You'll leave feeling refreshed and ready to tackle the day! Mat work.

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

This low impact mat class will focus on movements that engage the major muscle groups of the core, including the abdominals, the back, hips, glutes, hamstrings, and more. This will help to improve posture, balance, flexibility, and core strength. Includes mat work.

### **Potluck Pilates – All Levels**

Join us for our Pilates potluck class, where you will never get bored! Each week, we will mix up different elements of Pilates and sometimes barre work to create a challenging and enjoyable workout. You will learn how to use your breath, core, and alignment to perform exercises that tone your muscles and enhance your posture. The Focus is on traditional Pilates with a little something extra! Includes mat work.

### **Slow Flow Yoga & Mobility – All Levels**

Give all of your joints some TLC with a slow yoga flow that explores head to toe mobility with plenty of room for fun and exploration. All levels encouraged! Mat work.

### **Somatic Developmental Yoga – All Levels**

This class is a combination of classical yoga asana and Somatic movement education. Based on infant development and somatic principles, this form of yoga re-educates the neuromuscular system toward greater health and well-being. Mat work.

### **Strong Vinyasa Flow – Intermediate to Advanced Level**

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

### **Vinyasa Yoga – Intermediate Level**

This intermediate level class cues movement and breath to focus the mind, build strength and flexibility, and encourage healthy movement. Dharma Talk, Sun Salutations, Flow, Backbends, and Savasana will be foundational to this weekly practice. Mat work.

### **Tai Chi – Yang 24 Forms – All Levels**

Stand tall and be rooted while gliding, turning and flowing through this popular tai chi routine. Move slow and mindful thru self-defense movements to strengthen posture, core and low body, and move joints through circular ranges of motion. Good for balance, strength, relaxation and deep breathing. 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

### **Yin/Restorative Yoga – All Levels**

A blend of two of the more gentle and recuperative styles of yoga. Poses will be held for longer periods of time to healthfully lengthen ligaments and soothe the nervous system. Props will be used to properly align the body for a mind, body, and spirit restoration. This class is practiced entirely on the mat.

### **Yoga for Endurance – Intermediate Level**

A flow class with a focus on balance, stamina, and flexibility. We will work towards more advanced poses. Mat work.

### **Yoga for Fitness – Experienced Beginner to Intermediate**

A flow class with a focus on safety and alignment. Expect to balance, twist, backbend and more. Mat work.