

# 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
Sunrise Power Yoga Mary 8:30 – 9:30		<b>*NEW CLASS*</b> Sunrise Power Yoga Susie 8:15 – 9:15 <b>*Starts August 10*</b>		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			
	Align & Flow Yoga Mary 1:00 – 2:00		Stretch & Strengthen Yoga Gail 12:45 – 1:45	<b>*NEW CLASS*</b> Tai Chi Andrea 1:00 – 2:00 <b>Starts August 5</b>	
	<b>*NEW CLASS*</b> Tai Chi Andrea 6:00 – 7:00 <b>Starts August 9</b>				
			Restorative Yoga Kristen 7:00 – 8:00		

\*\* 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.

**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

**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 – 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.