

# 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@camsmtg.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Sunrise Power Yoga</b> Mary 8:30 – 9:30	<b>Morning Vinyasa Flow</b> Michelle 8:15 – 9:15	<b>Pilates</b> Susan 8:30 – 9:30	<b>Pilates</b> Victoria 8:25 – 9:15	<b>Sunrise Power Yoga</b> Mary 8:30 – 9:30	<b>Somatic Developmental Yoga</b> Kim 8:30 – 9:30
<b>Yoga For Fitness</b> Mary 9:45 – 10:45	<b>Yoga For Endurance</b> Mary 9:30 – 10:30	<b>Gentle Yoga</b> Kristin 9:45 – 10:45	<b>Basic Yoga</b> Juanita 9:30 – 10:30	<b>Yoga For Fitness</b> Mary 9:45 – 10:45	<b>Slow Flow Yoga &amp; Mobility</b> Julie 9:45 – 10:45
<b>Barre Sculpt</b> Nancy 11:00 – 12:00	<b>Vinyasa Yoga</b> Kellie 11:00 – 12:00	<b>Gentle Yoga (11am)</b> Kristin 11:00 – 12:00	<b>Vinyasa Yoga</b> Victoria 11:00 – 12:00	<b>Pilates</b> Victoria 11:00 – 12:00	
<b>Gentle Flow Yoga</b> Victoria 12:15 – 1:15					
			<b>Tai Chi for Health</b> Lin 2:00 – 3:00		
<b>Yang-Style Tai Chi</b> Andrea 4:00 – 5:00	<b>Slow Flow Yoga &amp; Mobility</b> Julie 4:15 – 5:15	<b>Mobility &amp; Myofascial Release</b> Dylan 4:30 – 5:30			
	<b>Ballroom &amp; Latin Dance</b> Kirill 5:30 – 6:30				

\*\* 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 – 8:15am	5:30am – 8:00am	5:30am – 8:15am	5:30am – 8:10am	5:30am – 8:15am	5:30am – 8:15am
12:15pm – 3:45pm	12:15pm – 4:15pm	12:15pm – 4:15pm	12:15pm – 1:45pm	12:15pm – Close	10:45am - Close
5:15pm - Close	6:45pm - Close	5:45pm - Close	3:15pm – 4:15pm		
			5:45pm - Close		

Revised: 9/24/2024

## **CLASS DESCRIPTIONS:**

### **Ballroom & Latin Dancing – All Levels**

Learn to dance Foxtrot, Rumba, and Swing as a new hobby, a way to connect with your partner, or to improve your physical and emotional health in a fun way. Join as a beginner or bring your dance skills to the next level. **No partner needed!**

### **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. Mat work.

### **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.

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

Get your spine realigned, arms moving, booty shaking and abs burning in this full body workout! We will work to strengthen the appendages to add stability to the body and prevent injury moving forward by using weights and additional props in each class. 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

### **Mobility & Myofascial Release – All Levels**

This rejuvenating yoga class combines the power of mobility exercises with the therapeutic benefits of Myofascial Release (MFR). Designed to enhance flexibility, improve joint function, and release tension, this class blends mindful movement with targeted MFR techniques to promote a deep sense of relaxation and increased overall mobility. Includes 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.

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

This class is a blend of gentle flow and restorative yoga. During the gentle yoga portion of class, students will reconnect with their body through mindful movement and breath. The second portion of the class will be restorative yoga, where students will enter a state of rest and reset while being supported by blankets, blocks, and/or bolsters. 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.

### **Sunrise Power Yoga – 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

### **Tai Chi for Health – All Levels**

This Tai Chi program empowers people to improve their Health and Wellness. Learn movement control, body structure as well as gently stretching the joints from within. Easily learn to improve flexibility, balance and strength. No 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.

### **Yang-Style Tai Chi – All Levels**

Ancient Chinese mind-body exercise improves balance, flexibility and wellness at a slow pace. Harmonize your being with qigong warm-ups for breathing, posture and relaxation. Practice tai chi stances, weight transfer, rooting, stepping and circular movements. Combine all to flow through 6 forms of Yang Tai Chi each season. No mat work

### **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.