

CITY WIDE DROP IN YOGA & PILATES SCHEDULE | SPRING 2019 | JAN 6 - MAR 30

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN YOGA SCHEDULE

Standard classes are 60 minutes. 'Plus' classes (++) are more than 60 minutes. 'Express' classes (**) are less than 60 minutes.
For Program Descriptions and Intensity Ratings, please see below.

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CLAREVIEW COMMUNITY RECREATION CENTRE	9:30-10:30AM (Hatha) 10:45-11:45AM (Hatha) 7-8PM (Relax&Restore)	10:45-11:45AM (Hatha Gentle) 7-8PM (Hatha)	9:15-10:15AM (Hatha) 10:30-11:15AM (Happy Hips) 12-1PM (Hatha Gentle) 6:30-7:15PM (Happy Hips) 7:30-8:30PM (Relax&Restore)	9:15-10:15AM (Hatha) 10:30-11:15AM (Happy Hips) 11:30AM-12:30PM (Chair) 7:35-8:35PM (Yin)	10:30-11:30AM (Hatha) 6:30-7:30PM (Hatha)	9:15-10:15AM (Hatha) 10:30-11:30AM (Gentle)	10:45-11:45AM (Power)
COMMONWEALTH COMMUNITY RECREATION CENTRE	11:30AM-12:45PM (Hatha Gentle)	12-1PM (Hatha) 1:15-2:15PM (Hatha Gentle) 7:15-8:15PM (Yoga Pilates Fusion)	12-1PM (Yoga Pilates Fusion) 4:50-5:50PM (Pilates Barre) 7-7:45PM (Happy Hips)	9:30-10:30AM (Happy Hips) 10:45-11:45AM (Chair) 12:30-1:30PM (Yin) 6:55-7:55PM (Hatha)	9:15-10:15AM (Hatha) 4:50-5:50PM (Pilates Barre) 7:15-8PM (Happy Hips)	12-1PM (Yoga Pilates Fusion) 1:15-2:30PM ++ (Yin)	9-10:15AM ++ (Hatha)
KINSMEN SPORTS CENTRE	2-3:15PM ++ (Hatha Intermediate) 3:30-4:45PM ++ (Hatha)	10:45am-12PM (Hatha) 6-6:45PM xx (Happy Hips) 7-8PM (Hatha)	12-1PM (Pilates Core) 2-3:15PM ++ (Yin) 6:30-7:45PM ++ (Hatha) 8-9PM (Flow)	11AM-12PM (Pilates Core) 1:30-2:30PM (Happy Hips)	9:15-10:45AM ++ (Hatha Gentle) 12-1PM (Yoga Pilates Fusion) 6:30-7:45PM ++ (Yin) 8-9PM (Flow)	12-1:15PM ++ (Hatha) 6:30-7:45PM ++ (Power)	2-3:15PM ++ (Hatha)
LONDONDERRY FITNESS AND LEISURE CENTRE			6:15-7:15PM (Hatha)	7:30-8:30PM (Hatha)	7:30-8:30PM (Hatha)		
MILL WOODS RECREATION CENTRE		7:30-8:30PM (Hatha)		7:30-8:30PM (Hatha)			10:30-11:45AM (Yin)
PRINCE OF WALES ARMOURIES		9:30-10:45AM (Hatha)		9:30-10:30AM (Hatha)		9:30-10:30AM (Hatha)	
TERWILLEGAR COMMUNITY RECREATION CENTRE	9-10AM (Flow) 12:30-1:30PM (Hatha Gentle)	11:45AM-12:45PM (Hatha Gentle) 12-1PM (Hatha) 6:15-7PM (Happy Hips) 6-7:15PM (Spin & Yoga Flow)	10:45-11:45AM (Pilates) 12-1PM (Chair) 12-1PM (Hatha) 7:30-8:30PM (Pilates)	9:30-10:45AM (Spin & Yoga Flow) 11:45AM-12:45PM (Hatha Gentle) 1-2:15PM ++ (Yin/Yang)	6-7AM (Athletic) 11:15AM-12:15PM (Chair) 12:15-1:15PM (Hatha) 2:45-3:45PM (Yoga Pilates Fusion) 5:15-6PM (Happy Hips) 6:15-7:15PM (Pilates)	9-10AM (Pilates) 12-1PM (Hatha) 2:30-3:45PM ++ (Relax&Restore) 5:45-6:45PM (Hatha)	9-10:15AM ++ (Hatha)
THE MEADOWS COMMUNITY RECREATION CENTRE	9-10AM (Hatha) 7-8PM (Relax&Restore)	10-11AM (Hatha) 2-3PM (Chair) 6-7PM (Flow) 6-7PM (Spin & Yoga Hatha)	9:30-10:30AM (Hatha) 11:30AM-1PM (Hatha Gentle + Meditation) 7-8pm (Hatha)	9:30-10:30AM (Chair) 10:45-11:45AM (Hatha) 5-6PM (Hatha Gentle) 6:15-7:15PM (Happy Hips)	9:30-10:30AM (Hatha Women's Only) 10:45-11:30AM (Happy Hips) 5:45-6:45PM (Hatha Family Friendly) 7-8PM (Relax&Restore)	9:30-10:30AM (Chair) 12-1PM (Relax&Restore)	8:30-9:30AM (Hatha)

Please bring your own yoga mat and a towel. Yoga program are held in multi-use studios and may be cool. Warmer clothing is recommended.



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ACTIVITY DESCRIPTIONS & INTENSITY RATING		
HATHA	2-3	Hatha Yoga refers to the origins of all yoga styles. It includes a wide range of movements and postures that stretch, strengthen, align and stimulate all systems of the body. This practice is a great compliment to any form of physical activity, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga.
HATHA GENTLE	1-2	Intended for beginners, those with special concerns or injuries and those who simply desire a slower pace in which to develop greater personal body and breath awareness with attention to alignment and detail. Learn more about yoga and improve flexibility, alignment, strength & balance in a gentle achievable practice that is relaxing, calming and stress-relieving.
HATHA INTERMEDIATE	3-4	Intended for experienced yogis. This class works on a balance between strength and flexibility with a focus on technique and detailed alignment while building endurance and improving awareness of breath and posture. More challenging balances, inversions, floor and standing poses will be given to build on your yoga foundation and knowledge.
HATHA WOMEN'S ONLY	2-3	Same great practice as our Hatha class, but intended for women only and led by a female instructor.
ATHLETIC	3-4	Intended for athletes (or athletes at heart) who seek to challenge themselves with a class that helps expose weaknesses in order to strengthen. Emphasis on improving breath control/recovery, finding the core to drive movement and stabilization of shoulders and pelvis. The aim is to create greater symmetry in the body and maintain a calm mind in sport and life.
CHAIR	1-3	Intended for everybody. Traditional yoga poses are adapted to be safely done in a chair or using a chair for support, making yoga accessible for people challenged by standing for long periods or mobility in moving to and from the floor.
FLOW	2-4	Intended to be the perfect place to begin and gain comfort and confidence with flow style yoga. While connecting breath to movement, we flow from pose to pose at a slower pace to build flexibility, strength & mindfulness, at times pausing to investigate poses & bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance.
HAPPY HIPS	2-3	Intended for everybody looking to increase their hip health. This class will focus on increasing flexibility, strength and stability of the hip joint, helping your hips feel happy and healthy.
POWER	4-5	Intended for experienced yogis. Inspired by the Ashtanga practice, this class connects breath to movement and flows at a faster rhythm to increase stamina, strength, flexibility and balance. It begins with a series of sun salutations and standing postures, including balancing and inversions, followed by more challenging floor poses.
RELAX & RESTORE (R&R)	1	Intended for everybody seeking to Relax & Restore harmony in body and mind. R&R is a blended Yin and Restorative inspired deep stretch and meditative focused class. Promotes deep tranquility and awareness through supportive poses aided by the use of props so that you can relax completely and open gently.
YIN	2-4	Intended for everybody looking for a deep release. Yin yoga is a meditative style of yoga, practiced mainly on the mat, where deep stretches are held for long periods to challenge the mind to surrender and allow the body to open. It focuses on the body's connective tissues; ligaments, tendons, and fascia – with the aim of increasing circulation in the joints and improving flexibility.
YIN/YANG	2-4	Intended for everybody looking for a great combination class. Balance your practice with the strong Yang energy created by dynamic poses mixed with the calm, relaxing poses of Yin held for longer to cool and stretch your tissues and joints.
YOGA PILATES (YP) FUSION	2-3	Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates.
+ MEDITATION	2-4	A meditation component is added to your Yoga practice. Yoga was originally created to help prepare, train and condition the mind and body for longer periods of meditation. Whether you are just starting your meditative journey or you have a seasoned practice, this class will give you the opportunity to practice yoga and meditation in a group setting.
PILATES	3	Discover strength, support, flexibility and balance. Classic Pilates exercises done on the mat while using a variety of props, with emphasis on core strength. This class may also work the fascia system through a series of movement and stretching exercises.
PILATES BARRE	3	This total-body toning workout infuses elements of ballet, dance, Pilates, and Yoga to lengthen and strengthen the body. Pilates Barre will have a strong focus on Pilates movements to build core strength.

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