

# Mind & Body Schedule

1821 30th Street | 303.501.1700 | ColoradoAthleticClubs.com/Boulder



## Equipment Based & Pilates Mat Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7AM</b>	Intermediate Reformer Saralyn		Mat Pilates Skye - 60 minutes	Intermediate Pole Megan			
<b>8AM</b>						PiYo Fusion Ashley Z, Yoga Studio	
<b>9AM</b>		Beginner/Intermediate Pilates Mat, Hayley			Form & Fundamentals Saralyn	Intermediate Reformer Nonie	Intermediate Pole/Reformer Skye
<b>10AM</b>	Intermediate/Advanced Chair, Hayley		Intermediate Reformer Saralyn		Advanced Pilates Mat Hayley		Intermediate Pilates Mat Skye
<b>12PM</b>	Intermediate Pilates Mat Di - 45 minutes	Pre-Natal / Postpartum Pilates, Hayley	Intermediate Pole Reformer, Di	Advanced Reformer Hayley	Beginner/Intermediate Chair, Megan		
<b>2PM</b>					Intermediate/Advanced Pole, Hayley		
<b>5PM</b>	Intermediate Pilates Mat Hayley	Intermediate Reformer/Pole Megan		Intermediate Chair Skye			
<b>6PM</b>	Beginner/Intermediate Reformer, Nonie		Intermediate/ Advanced Chair, Saralyn				
<b>6:30PM</b>		Beginner/Intermediate Pilates Mat, Megan		Intermediate/Advanced Pilates Mat, Di			

## Yoga Schedule

\* All Pilates equipment classes are fee-based and require sign up. All classes are 60 minutes unless noted.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6AM</b>	Warm Vinyasa 2/3 Larissa - 60 minutes		Warm Vinyasa 2 Derise - 60 minutes		Power Vinyasa 2/3 Troy - 60 minutes		
<b>6:30AM</b>							
<b>7AM</b>		Warm Vinyasa 1/2 De - 60 minutes		Alignment 1/2 Yuki - 60 minutes			
<b>8AM</b>						PiYo Fusion Ashley Z - 60 minutes	
<b>9AM</b>	Form Fundamentals Dan - 75 minutes		Advanced Alignment Yuki - 75 minutes	Warm Vinyasa 2 Larrisa - 60 minutes	Vinyasa 2 Michelle - 75 minutes	Vinyasa 2/3 Dan - 90 minutes	Power Vinyasa 2 Becca - 75 minutes
<b>10AM</b>		Vinyasa 2 Michelle - 75 minutes		Power Vinyasa 2/3 Sky - 75 minutes			
<b>11AM</b>					Postpartum Yoga (Babies Welcome) Melissa - 60 Minutes*	Hot Yoga All levels Mercury - 90 minutes	
<b>11:30AM</b>				Hot Yoga All levels Mercury - 60 minutes			
<b>12PM</b>	Hot Yoga All levels Alli - 60 minutes	Warm Vinyasa Ashley - 60 minutes	Vinyasa 1/2 De - 75 minutes		Vinyasa 2 Dan - 75 minutes		
<b>12:30PM</b>							Vinyasa All levels Shawna - 75 minutes
<b>3:45PM</b>	Lil Yoga* Melissa - 60 minutes			Kundalini Yoga Heather - 75 minutes			
<b>4PM</b>		Yin Yoga Trista - 60 minutes	Power Vinyasa All levels Sky - 60 minutes		Warm Vinyasa 2/3 Troy - 75 minutes	Power Vinyasa 2 Becca - 75 minutes	Hot Yoga All levels Mercury - 75 minutes
<b>5PM</b>	Vinyasa 1/2 Becca - 60 minutes	Warm Vinyasa 2/3 Trista - 75 minutes	Vinyasa 2 Troy - 60 minutes	Advanced Alignment 2/3 De - 75 minutes			
<b>5:30PM</b>					Hot Yoga All levels Alli - 75 minutes		
<b>6:15PM</b>	Power Vinyasa 2 Sky - 75 minutes		Hot Yoga All levels Mercury - 75 minutes				
<b>6:30PM</b>		Yoga Sculpt All levels Troy - 60 minutes		Power Vinyasa Becca - 60 minutes			

\* Please bring your personal yoga mat.

## Class Descriptions (formats and classes on schedule are subject to change)

**Alignment** - Focusing on technique, sequence and timing through posture and breath control. Poses are held longer to focus on the subtleties and form of each pose. Props are used to assist in the modification of posture and alignment. All levels welcome.

**Advanced Alignment** - Focusing on technique, sequence and timing through posture and breath control, including more advanced postures and longer timing for the inversions.

**Hot Yoga** - A series of poses done in a heated room, maintained at a temperature of 95-105 degrees, that detoxifies the body and builds strength, stamina, flexibility, balance and coordination.

**Kundalini Yoga** - The Yoga of Awareness, was brought to the West by Yogi Bhajan in 1968. Yogi Bhajan taught that, through the practice of Kundalini Yoga and meditation, your glandular and nervous systems are stimulated, and your capacity for creative potential is heightened. You gain inner vitality to compensate for the adverse effects of stress so you can excel in life. Kundalini yoga describes a set of yoga exercises and meditations which are also sometimes referred to as kriyas and is, according to Hindu tradition, a pure spiritual science that leads to enlightenment under the guidance of a master teacher.

**Lil' Yoga** - For kids ages 7-11. Focusing on postures and breath work in order to be more present and reduce stress, while increasing strength, confidence-and of course, having fun! Fees apply.

**Mommy & Baby** - Join other mothers in this class designed to help you recover from pregnancy and birth, strengthen your core and baby-carrying muscles, and alleviate stress and fatigue. Babies welcome. Fees apply.

**Pilates Mat** - The essence of all Pilates work, Mat classes are a series of floor exercises designed to create uniform development, long muscles, core strength and breath control.

**Pilates Reformer** - The Reformer is the workhorse of Pilates and allows you to personalize your work with varying degrees of assistance and resistance. This class is an invigorating workout that builds strength, flexibility and ultimate core control. Fees apply. Sign up required.

**Pilates Chair** - The Chair's unique and versatile design enables everyone to get amazing results - from the most injured client, who uses it to rehabilitate - to the most advanced students challenging themselves with pushups, backbends, and headstands. Because many of the Chair's exercises are done sitting or standing up, it is ideal for improving balance. Fees apply. Sign up required.

**Pilates Pole** - This class is done on the V2Max Plus, also known as a Pole system or Wall Unit. Originally devised to rehabilitate injured patients, the apparatus has evolved but its original intentions are apparent. Use it to benefit from the support of spring tension to better develop resilient, powerful muscles; strong, smooth, decompressed joints, and potent core strength. Fees apply. Sign up required.

**Pilates Form and Fundamentals** - In this class, the teacher will dissect the basic Mat exercises that if deeply understood, lay the root and foundation for success in the rest of the workout. Sign up required.

**PiYo Fusion** - A perfect combination of Pilates and Yoga that gives you the muscle strengthening and toning benefits of Pilates along with the meditative and flexibility benefits of yoga.

**Power Vinyasa** - Power Yoga is a vigorous, fitness-based approach to Vinyasa Yoga that emphasizes strength, flexibility and flow. Students are recommended to start in Vinyasa Yoga before attending Power Vinyasa.

**Pre-Natal / Postpartum Pilates** - An equipment class tailored to meet the needs of your changing body. The focus is on keeping your body's alignment in check, thereby strengthening your core muscles which will help promote a healthy delivery. Modifications help keep the intention of the original work yet your instructor will adjust the form to work for you. Fees apply. Sign up required.

**Vinyasa** - "Breath - Synchronized Movement." A dynamic flow yoga class, linking poses together with the focus on breath, alignment, balance and core strengthening. The class detoxifies and exhilarates the body, calms the mind and enlivens the spirit.

**Warm Vinyasa** - A dynamic flow yoga class set to music with the focus on breath, alignment, balance and core strengthening. Takes place in 85-95 degree studio which enables the body to warm up more quickly and therefore stretch a bit further. This can be a very warm or HOT class if requested by the students and the level is appropriate.

**Yin Yoga** - Suitable for almost all levels of students, Yin Yoga is a restorative practice and a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of muscles. Yin Yoga directs the stimulation deeper than the superficial muscular tissues and targets the connective tissues, such as the ligaments, bones and even joints of the body.

**Yoga Sculpt** - This total body workout is designed to tone and sculpt every muscle group in your body. You will use free weights as you move through sun salutations and other Yoga postures, enabling extra length and depth in each pose.

**Yoga Level 1/2** - Classes are appropriate for students new to yoga and for more experienced students wishing to deepen their understanding of the practice. Sun Salutations, standing postures, basic seated postures, beginning back bends and appropriate variations are included.

**Yoga Level 2/3** - Classes are appropriate for students with a basic understanding of Yoga. These classes are designed for those wishing to intensify the practice and their understanding of the internal and external forms of the practice. Headstand, shoulder stand and full back bend may be included in these classes.