



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GARDEN MOVEMENT

SEPTEMBER CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11AM Kids Yoga with Vanessa	2	3 10AM (FREE!) Tai Chi with Bob	4
5 2PM Activated Flow Yoga with Sophie	6	7	8	9 11AM (FREE!) ZUMBA Gold with Kyoko	10 10AM (FREE!) Tai Chi with Bob	11
12 2PM Activated Flow Yoga with Sophie	13 9:45AM Flow Yoga with Lin 5:30PM Flow Yoga with Vanessa	14	15	16	17 10AM (FREE!) Tai Chi with Bob	18
19 2PM Activated Flow Yoga with Sophie	20 5:30PM Flow Yoga with Vanessa	21	22	23	24 10AM (FREE!) Tai Chi with Bob	25
26 2PM Activated Flow Yoga with Sophie	27 5:30PM Flow Yoga with Vanessa	28	29	30		

Y Members: \$2/class RBG Members: \$4/class
Community Participant: \$8/class

Call (608) 754-9622 to pre-pay and reserve your spot.



STAY CONNECTED   | www.ymcajanesville.org

GARDEN MOVEMENT CLASSES

ACTIVATED FLOW YOGA WITH SOPHIE, 60-MINUTES

Activate your inner strength and find your inner peace with this active but intentional class. Designed to challenge multiple levels through dynamic Sun Salutations, twists and basic inversions this class is a hit for everyone.

CHAIR YOGA WITH KELLY, 60-MINUTES

Set aside any preconceived ideas about Yoga and pull up a chair! No matter your age, physical abilities or experience level, adapting your practice to include a chair matches poses to your personal needs.

FLOW YOGA WITH LIN OR VANESSA, 60-MINUTES

Experience the artful movement of yoga while flowing from one posture to another. With an emphasis on safe alignment and foundation poses you will gain an understanding of how individual anatomy affects and leads your personal practice. A slower pace offers a fluid sense of motion while delivering accessible challenges that can be approached with confidence from any level.

KIDS YOGA WITH VANESSA, 30-MINUTES

Inspiring fun with movement in a play based setting, this class engages children of all energy levels. Non-competitive games and animal themed poses improve gross motor skills while promoting self awareness and the ability to identify and manage emotions. Fun breathing exercises and an introduction to relaxation round out the full Yoga experience for your little one!

MINDFULNESS & MEDITATION WITH MARI, 60-MINUTES

Science has proven that a regular meditation practice can have powerful, long-lasting effects on your body and mind. Join us to learn a variety of techniques and find one that works for you. Suitable for those who are new to meditation and mindfulness as well as those who want to enhance their practice.

Bring something to sit on (blanket, mat or towel; chairs provided for those who would like one).

MODFLOW YOGA WITH AMANDA, 60-MINUTES

This energetic, yet grounding vinyasa flow moves fluidly from one pose to the next connecting breath with movement. Asana sequences target core strength, balance and flexibility. Modifications and variations are offered to allow all levels to reach their desired intensity, edge and focus. This practice consists of Sun Salutations, balance postures, twists, basic inversions and relaxing floor poses.

TAI CHI WITH BOB, 60-MINUTES - FREE CLASS!

Often described as "Meditation in Motion," Tai Chi is a series of low-impact, slow-moving exercises based on ancient Chinese martial arts. Appropriate and adaptable for any and all levels, this class connects the mind, body and spirit with artful grace.

Class is easily adaptable and offered both standing and seated in a chair.

ZUMBA® GOLD WITH KYOKO, 60-MINUTES - FREE CLASS!

Perfect For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Reservations and pre-payment required. Please see Admission Desk for details.