

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sunrise Yoga 6:00 - 7:00a Cheryl - Board Rm.	Spin 5:40-6:40a Clay	Sunrise Yoga 6:30 - 7:30a Cheryl - Board Rm		Spin 5:40 -6:40a Patty	Spin 8:15-9:15a Sara	
Yoga Dance 8:30 - 9:30a <i>Dena - Bedford</i>	Hatha Yoga 8:15-9:30a Leslie - Bresslin	Spin 8:30-9:15a Dave	Taiji Shen Gong 8:30 - 9:30a Mark - Studio	Dance Fusion 8:30-9:30a Gayle - Studio	Zumba 8:30 - 9:30a <i>Karen - Studio</i>	
Spin 9:00- 10:00a Dave	Stretch and Strength 9:15 - 10:10a <i>Shelley - Bedford</i>	Dance Fusion 8:30 - 9:30a <i>Gayle - Studio</i>	Spin 9:00 - 10:00a <i>Judy</i>	Spin and Sculpt 8:30 - 9:30a Lory	****Boot Camp @ Mahackeno 8:30 -9:30a - Amy	Spin 9:15-10:15a Lory
Step 9:30 - 10:30a <i>Lisa - Studio</i>	Cardio Combo 9:30 - 10:30a Lisa - Studio	Two for One 9:30-10:30a Judy/Shelley/Studio	Half & Half 9:15 - 10:10a <i>Shelley - Bedford</i>	Total Body Conditioning 9:30 - 10:30a <i>Judy - Bedford</i>	Pilates Mat 9:30 - 10:30a Jane - Studio	Zumba 9:30-10:30a Diana - Studio
Smart Strength 9:30 - 10:30a Shelley - Bedford	Pilates Mix 10:00-11:00a Pam - Bresslin	15 Minute Yoga Stretch 10:00 - 10:15 /Stretch Rm	Zumba 9:30-10:30a Diana - Studio	*** Step 9:30 - 10:30 Diana - Studio	Gentle Yoga 9:30 -10:30a Katy - Board Rm.	Pilates Mix 10:30 - 11:30a <i>Pam - Studio</i>
	15 min Abs 10:15 -10:30a /Stretch Rm	Hatha Yoga 10:30a - 11:45a <i>Leslie - Bresslin</i>	Pilates Mat 10:00 - 11:00a <i>Cristina - Upper Gym</i>	30 min Stretch 9:30 - 10:00 Gayle - Bresslin		
Anusara Yoga 10:30 - 11:30a Jody - Bedford	**MELT Hand and Foot 10:30 - 11:15a Shelley - Bedford	<i>Feldenkrais</i> 12:00 - 1:00p <i>Leigh - Bresslin</i>	15 min Abs 10:15-10:30a/Stretch Rm	Yoga 10:30-11:45a <i>Greg - Bedford</i>	Vinyasa Flow 11:00-12:15p <i>Cheryl - Board Rm</i>	Yoga 11:30a - 12:30p <i>Nancy - Board Rm</i>
*30 min Stretch 11:00 - 11:30a Shelley - Studio	Ballet Barre Workout 10:45 - 11:45a Lisa - Studio			FFAA/ Zumba 11:00-12:00p Diana - Studio		
Feldenkrais 5:00 - 6:00p Leigh - Bresslin	Yoga for All 1:30 - 2:30p Steve - Bedford	Vinyasa Yoga 5:30 - 6:30p Sara - Board Rm.	Pilates Mix 6:00 - 7:00p <i>Pam- Bresslin</i>		*starts on 9/20 **starts on 9/21 ***starts on 9/17 ****starts on 9/18	
Zumba 6:00 - 7:00p <i>Jill - Studio</i>	Pilates Mat 6:00 - 7:00p <i>Pam - Bedford</i>		Vinyasa Yoga 7:00-8:00p Cheryl - Board Rm.			
Total Body Conditioning 7:00 - 7:45p McKenzie - Studio	Vinyasa Flow 7:00 - 8:15p Katy - Board Rm	Zumba 6:30-7:30p Mary Lynn - Bedford				
	Spin 7:15-8:00p Shelly	Spin 6:30 - 7:30p Amelie				

15 minute of Abs: If time is a factor, try our 15 minute class, targeting the core muscles.

15 minute Yoga Stretch: Basic Yoga stretches to improve your flexibility.

30 minute Stretch: Increase your flexibility and loosen up those joints.

Anusara Yoga: A powerful, dynamic, alignment oriented style of yoga. This form is practiced using the body's strength to keep the muscles engaged while stretching. The class uses basic poses with the breath throughout each posture, ending with a nice relaxation piece. It is well suited for the beginner as well as the experienced participant.

Ballet Barre Workout: Traditional Ballet class with barre work and center floor practice. Learn fundamental principles, steps, body placement and execution of classical ballet. Acquiring this understanding, will help the beginner through advanced dancer improve with ease.

Boot Camp @ Mahackeno: Challenge yourself like you have never before. This intense workout is for those looking to bring their fitness level up a notch. Class will include cardio, strength, core and more. Take advantage of this amazing workout in a real camp setting. Park on Sunny Lane entrance. Meet at Camp Pick -Up sign. Bring a water bottle and towel. In the case of inclement weather, the class will move to our Post Road location in the upper gym.

Cardio Combo: An intense, fat burning aerobic workout. Class may include some Hi/Lo movement as well as use of the step.

Dance Fusion: Elements from many different dance styles blended together to form this aerobic workout. Let the music move you. All levels can enjoy this mind body class.

Feldenkrais: Awareness through movement. Learn to ease pain, improve flexibility, balance and posture.

FFAA (Fitness For the Active Adult): Enjoy the benefits of exercise in a group setting, designed for the older adult or for those looking for a lighter intensity class.

Gentle Yoga: These classes will explore asana,(postures), pranayama (breathing techniques), yoga nidra (relaxation) and meditation.

Half and Half: Easy to follow 30 minute low impact aerobic workout followed by 30 minutes of total body toning.

Hatha Yoga: In this class we focus on physical poses (asanas) and breathwork to develop better body awareness, balance, strength with flexibility and more sensitive to how energy moves through our body. All levels welcome.

Kripalu Yoga: Incorporates three stages of development – postural alignment, meditation with longer posture holding, meditation in motion. This integrated process promotes physical healing, emotional development and spiritual awakening. These classes will explore asana (postures), pranayam (breathing techniques), yoga nidra (relaxation) and meditation.

MELT Hand and Foot: Erase pain and tension in your hands, feet and low back brought on by everyday stress, overuse, and age.

Pilates Mat: A Pilates certified instructor helps you to accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns. Pilates strengthens major muscle groups, improves body alignment, and increases flexibility. All levels.

Pilates Mix: A more advanced class using the Magic Circle and Ballecore

Barre. This class will transition from one position to another while focusing on building strong core strength and flexibility.

Smart Strength: A total body conditioning class that uses little or no equipment .

Spin: Spinning is an indoor cycling class designed for people of all ages and abilities. The focus is improving cardiovascular fitness. You can ride at your own pace as an instructor guides you on a journey .

Step: High energy all step, from beginning to end. Learn fun choreography to motivating music. Intermediate/Advanced levels.

Stretch and Strength: Light weight body sculpting class with delicious stretches throughout. Beginner/Intermediate

Sunrise Yoga: Begin your morning with vinyasa yoga and be ready to face the day ahead.

Two for One: Two instructors teaching one fun, high energy, non stop workout. You'll get your heart pumping and your muscles moving. This is a cardio/strength class at 2x the intensity.

Taiji Shen Gong: A system of gigong composed of three sections; Heaven , Earth, and Humanity. With the practice of this form, you merge with nature and built better health through the transformation of yin and yang. All fitness levels will benefit from its practice. No previous experience necessary.

Total Body Conditioning: A strength conditioning class designed to target individual muscle groups. Bands, stability balls, tubes, weights and body bars are used to increase the effectiveness and intensity of the workout. All levels.

Vinyasa Yoga: This ancient art and science is practiced to remain fit, stay healthy or recover health; to balance the nervous system; to calm the mind, and to live in a more meaningful way. Classes focus on stretching, toning, strengthening and making the body more flexible. Breathing techniques are used to help quiet the mind and bring more focus and balance to one's life.

Yoga Dance: People of all ages and levels of dance or movement experience will have fun. This holistic approach to movement and dance is inspired by yoga, Qi Kung, Modern and African dance and mind body centering.

Yoga for All: This class is geared toward all ages and levels. Whether you're new to Yoga or have previous experience, you can enjoy the wonderful benefits this class has to offer.

Zumba: A dynamic and exciting class full of Latin and exotic music flavors. The class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is fun, easy, effective and the most exciting workout ever, designed for everyone.

For more information call 226-8981 x 198 or email Shelley Moll at smoll@westportv.org. Class schedule subject to change.

