



Body Elements

SPA & WELLNESS CENTRE

2012 Fitness Schedule

MONDAY			WEDNESDAY			FRIDAY		
12:00 – 1:00pm	Yoga Fitness	Shauna	6:00 – 7:00 am	Fusion	Lisa	9:15 – 10:15pm	Fusion	Amanda
5:15 – 6:15pm	Fusion	Amanda	9:15 – 10:15 am	Fusion	Shauna	5:30 – 6:30 pm	Hot Power Flow	Denise
6:30 – 7:30pm	Hot Power Flow	Denise	6:00 – 7:00 pm	Fusion	Amanda			
7:45 – 8:45pm	Yoga – Abs & Glutes	Vivian	7:15 – 8:15 pm	Yoga for Beginners	Christina			
TUESDAY			THURSDAY			SATURDAY		
9:15 – 10:15 am	Fusion	Amanda	9:15 – 10:15 am	Stott Pilates	Amanda	9:00 – 10:00am	Yoga for Beginners	Christina
12:10 – 12:50pm	Vinyasa Yoga	Caroline	12:10 – 12:50pm	Vinyasa Yoga	Caroline	10:00 – 11:30am	Power Flow	Christina
5:30 – 6:30pm	Fusion	Shauna	5:30 – 6:30pm	Fusion	Amanda			
			6:30 – 7:30pm	Core & Flexibility	Shauna	SUNDAY		
						7:00 – 8:00 pm	Zumba	Sharon

CLASS DESCRIPTIONS

• **Power Flow Yoga:** Power Flow Yoga is a challenging and rewarding class that encourages alignment, flexibility, balance, strength, and cardiovascular endurance. Power Flow Yoga provides a rigorous workout that develops strength and flexibility through a widely varied series of poses. This class is a Western interpretation of Ashtanga Yoga that includes pranayama, meditation, and linking breath with movement.

• **Vinyasa Flow:** Vinyasa Flow is a synchronization of flowing sequence of asanas poses linking breath and movement. Practice begins with postures to warm up all major muscles and joints, and then moves into a challenging series to build core strength, flexibility, and endurance. Long-held poses stimulate the health and flexibility of the joints and deep relaxation. Emphasis is on alignment, safety, and fun! *All levels welcome.*

• Hot Yoga Classes - Benefits of Hot Yoga

- Body burns fat more efficiently
- Increases range of motion in joints, muscles and ligaments
- Improves circulation aiding in toxin removal from tissue and organs
- Increased metabolic functioning
- Sweating promotes detoxification and elimination through the skin
- Improves digestion and tones the nervous

CLASS DESCRIPTIONS

• **Stott Pilates:** STOTT PILATES® incorporates modern exercise principles, and applies proven and accepted practices in biomechanics, rehabilitation and athletic performance enhancement. STOTT PILATES exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints. This involves placing more emphasis on pelvic & scapular stabilization, and integration of all the parts of the body into one. Preparatory exercises & modifications allow the technique to be appropriate for many different body types and abilities, making it applicable to sport-specific training and everyday life.

• **Fusion:** Fusion is a blend of yoga poses, pilates exercises, and fitness moves. You can expect to flow from a set of pushups or squats, into holding a yoga pose before completing a pilates mat exercise. Fusion is a fantastic and never-boring workout for the body and mind.

Karma Yoga: This yoga class is by donation on a drop-in basis. The monies will be donated to a selected charity.

CLASS DESCRIPTIONS

• **Yoga Fitness:** Yoga fitness is distinctly different from traditional yoga practice. In yoga fitness setting the focus is mainly on the physical benefits of yoga, there may be little to no involvement of the spirituality or lifestyle aspect of a traditional yoga practice. This style of yoga is intended to appeal to the general population who otherwise may not attend a traditional yoga class. This class will improve your strength, flexibility, balance, as well as relieve stress and increase energy.

• **Zumba:** Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

• **Core & Flexibility:** This class is designed to help anyone from the general population to high performance athletes to become functionally stronger from the core out. This class will help strengthen your core and lower back, improve flexibility and give you a complete core & flexibility workout.

