

# YOGA & PILATES SCHEDULE | FEBRUARY

## MONDAY

TIME	CLASS	INST.	LOC.
9:15-10:15	Heated Power Yoga	Stephanie	S2
10:30-11:45	Breathing Into Yoga (beginner)	Kathy	YPC
12:00-1:15	Hatha Yoga (all levels)	Jennifer	YPC
5:00-6:15	Yoga for Runners/Hikers/Bikers (all levels)	Colleen	S2
5:30-6:30	Chair Pilates	\$ Mariah	RAC Zone
6:30-7:30	Tai Chi (all levels)	Ken	S2

## THURSDAY

TIME	CLASS	INST.	LOC.
5:30-6:30	Pilates (all levels)	Mariah	YPC
8:30-9:30	Pilates with Props (intermediate)	Lee	YPC
10:00-11:15	Pranayama Flow (all levels)	Alex	YPC
12:00-1:15	Yin Yoga (beginner)	Faith/Kathleen	YPC
6:00-7:00	Heated Power Yoga (all levels)	Alex	S2
6:00-7:15	Hatha Yoga (beginner)	Emily	YPC

## TUESDAY

TIME	CLASS	INST.	LOC.
5:30-6:30	Heated Power Yoga (all levels)	Alex	S2
8:30-9:45	Yin Yoga (beginner)	Faith	YPC
9:00-10:15	Prana Vinyasa Flow (all levels)	Kimberly	S2
10:00-11:15	Pranayama Flow	Alex	YPC
10:30-11:30	Chair Pilates	\$ Mariah	RAC Zone
10:30-11:45	Gentle Yoga (beginner)	Marsha	S2
12:00-1:00	Pilates (all levels)	Helene	YPC
4:30-5:45	Gentle/Restorative Yoga (beginner)	Marsha	YPC
6:00-7:15	Hatha Yoga (beginner)	Paige	YPC

## FRIDAY

TIME	CLASS	INST.	LOC.
8:30-9:45	Pilates (all levels)	Jenny	YPC
9:00-10:15	Prana Vinyasa Flow (all levels)	Kimberly	S2
9:15-10:15	Chair Pilates	\$ Mariah	RAC ZONE
10:00-11:15	Hatha Yoga (all levels)	Tamara	YPC
10:30-11:30	Chair Pilates	\$ Mariah	RAC ZONE
5:00-6:00	Kids After School Yoga	\$ Stephanie	YPC
5:00-6:00	Hatha Alignment	Andrea	S2

## WEDNESDAY

TIME	CLASS	INST.	LOC.
9:15-10:15	Chair Pilates	\$ Mariah	RAC ZONE
9:15-10:30	Heated Cardio Yoga Workshop	\$ Stephanie	Studio 2
9:30-10:45	Hatha Yoga (beginner)	Faith	YPC
11:00-12:00	Yoga for People Living w/ Cancer	Faith/Kathleen	YPC
12:00-1:15	Hatha Yoga (all levels)	Jennifer	YPC
5:00-6:00	Yin Yoga (beginner)	Jill	YPC
6:30-7:30	Pilates (all levels)	Mariah	YPC

## SATURDAY

TIME	CLASS	INST.	LOC.
8:30-9:45	Hatha Yoga (intermediate)	Kate	YPC
9:00-10:00	Heated Power Yoga (all levels)	Emily	S2
10:00-11:15	Yin Yoga (beginner)	Faith/Kathleen	YPC

## SUNDAY

TIME	CLASS	INST.	LOC.
9:00-10:15	Intro to Vinyasa Yoga (beginner)	Emily	YPC
10:30-11:30	Hatha Yoga (beginner)	Tamara	YPC
4:30-5:30	Community Class (all level Vinyasa)	Emily	YPC

★ New Class

Yellow Boxes - Class Participation LOW

### **\*\* ANJALI RESTORATIVE YOGA WORKSHOP - FIRST MONDAY OF EVERY MONTH at 6:00-7:15pm.**

Anjali restorative yoga is a mindful practice that invites the student into a series of classic spine-lengthening poses supported by soft blankets and bolsters. The poses are held within an atmosphere of poetic and affirming language, aromatherapy, and soothing music—all of which open and align breath, body, mind, & heart, inducing a profound sense of well-being. A deeply healing practice, Anjali restorative yoga is the perfect counter-balance to our busy lives. Connect with the deepest expression and wisdom of the body, the mind, and the heart.

Registration required prior to class: \$10 members, \$14 non-members. Please sign up at the front desk.

### **CHAIR PILATES**

The Low Chair is a demanding piece of the Pilates Method. The chair works stresses of all the Pilates essentials - core strength, breath and flowing movement. And yet, builds more in terms of balance, strength and coordination. Chair classes are offered beginning through advanced level students and are limited to 4 students.

Registration required prior to class: \$20 members, \$25 non-members. Package rates available. Only 4 spaces per class available. Please sign up at the front desk.

### **HEATED CARDIO YOGA WORKSHOP**

If you love yoga and you want to take your energy level to a higher place, this is the class for you. Cardio yoga will challenge you mentally and physically by pushing you further than you thought possible. Cardio yoga will go through basic yoga postures while adding cardio with high intensity interval training. Focusing on total body toning while increasing endurance and cardiovascular strength. A yoga background for this class is not necessary but the class intensity will be at an intermediate level. It will be heated with motivating music to help facilitate a challenging and motivating experience.

Registration required prior to class: \$10 members, \$14 non-members. Please sign up at the front desk.

### **KIDS AFTER SCHOOL YOGA**

An opportunity for children to learn yoga basics including Sun Salutations, Vinyasa Flow & Savasana (relaxation). The class will give children a resource for dealing with stress, anxiety and a way to calm themselves through breath awareness and calming postures. No yoga background is necessary for this series.

Registration required prior to class: 1st child - \$30 members, \$35 non-members. 2nd child - \$15 members, \$20 non-members. 3rd child - \$10 members, \$15 non-members. Pricing is for the entire month. Please sign up at the front desk.

### **BREATHING INTO YOGA**

Breathing Into Yoga is not a style of yoga but rather an approach utilizing its tools. This technique, known as viniyoga, uses Asana (postures) and Pranayama (breath work) principles. Through stretching and contracting we find that repetition increases circulation making our muscles stronger and more flexible. This prepares us for holding postures. Most postures are suited for all levels of students and can be modified.

### **COMMUNITY CLASS (all levels-Vinyasa Yoga)**

All levels Vinyasa flow yoga. This is a great way to start your week. A challenging class focused on strength and connecting the breath with the movement of the body. Helps you to open and release the joints while working on strengthening the muscles. You get a full-body workout while allowing your mind to clear and you open up to welcome the new week. The perfect close to your weekend. FREE to members, \$8 for non-members.

### **GENTLE/RESTORATIVE YOGA (beginner)**

Restorative Yoga is a relaxing style of Yoga that uses passive postures that restore energy rather than deplete energy. It is beneficial to those needing relief from stress, recovering from illness or injury, needing support during periods of life transitions or just simply want to relax. The class focuses on: (1) Pranayama work – breath techniques that increase lung capacity and release tensions held in the body; (2) Gentle repetitive movement – increase circulation to the larger superficial skeletal muscles and the major joints (3) Restorative postures – poses that use props to relax without effort. (4) Savasana – a final deep relaxation. Join us- your body will thank you by gaining an awareness that helps you practice the art of letting go and staying in the present moment.

### **HATHA ALIGNMENT**

Flowing with grace, following your heart and stepping into the flow with this unique style of hatha yoga celebrates the artistic expression of the human heart with the scientific principles of biomechanics. Each student is offered the opportunity to step into and celebrate their own unique gifts from the inside out. Principles and ideals focused with the intention of an Anusara style.

### **HATHA YOGA (beginner)**

Hatha Yoga guides us into physical postures (asanas) that enhance flexibility and strength, creating comfort in the body. Through postures and a variety of breathing practices, we can become more mindful of present moment experience which allows our consciousness to move toward a meditative state.

### **HATHA YOGA (intermediate)**

For students with previous yoga experience that are ready for a more vigorous class. The pace is quicker, poses are held longer and more challenging variations of poses are taught. Deeper instruction in revolved standing poses, back bends, inversions and balancing poses will challenge your practice.

### HEATED POWER YOGA (all levels)

This class is an invigorating strength oriented yoga class. It focuses on breath and will continually challenge your strength, balance and stamina no matter what level you are at in your practice. It is a 60 minute, challenging full body workout designed to make you sweat, utilizing the body for resistance strength training. It would be a great addition to any active lifestyle.

### INTRO TO VINYASA YOGA (beginner)

A great way to begin and acquaint yourself with Vinyasa. This class is perfect if you are looking to focus on fitness and resistance strength training. The class is a great way to introduce yourself to the world of Vinyasa Flow.

### PILATES

Build your foundation for understanding the Pilates Method while emphasizing proper body mechanics, breath control, abdominal support and spine/pelvic alignment, while stretching, strengthening and lengthening your muscles. You will experience each movement from the inside out as you improve coordination, balance, posture and flexibility. No prior experience is necessary, beginners through advanced welcome! Beginners will be given modifications of exercises if needed so you can progress at your own pace.

### PRANAYAMA FLOW

Using the breath to help pull meditation down deeper into heart space, you'll be finding more depth in poses and more movement from pose to pose. This class uses a mix between Hatha and Vinyasa yoga styles. It is designed for all levels of yogis. You will be given modifications for all spectrums. If you're a more advanced practitioner this class will give you the opportunity to slow your practice down and utilizing meditation through movement to help you dive deeper into your practice. If you're a beginning practitioner this class will give you the opportunity to learn poses and feel comfortable and confident on your mat.

### PRANA VINYASA FLOW (all levels)

A breath inspired journey to dynamic music where movement and breath are synchronized. This whole body experience will offer a complete spectrum of rhythms from meditative and rejuvenating to the challenging and empowering. Transform your body as you learn to center your mind in this energetic class.

### TAI CHI

Tai chi, which originated in China as a martial art, is a mind-body practice in complementary and alternative medicine (CAM). Tai chi is sometimes referred to as "moving meditation"—practitioners move their bodies slowly, gently, and with awareness, while breathing deeply.

### YIN YOGA (beginner)

In this class, we will explore how the slow steady stretching of deep connective tissue can increase flexibility and gradually create more depth in poses. We will focus on developing sensitivity to our body's subtle cues by quieting our minds and looking inward. Join Faith Brandt in the calming atmosphere of the Yoga Center as we explore how stretching and releasing our ligaments, tendons and fascia can promote an increased energy flow through the body.

### YOGA FOR RUNNERS, HIKERS AND BIKERS (all levels)

If you think you are not flexible enough to take yoga, this class is for you. Yoga for runners, hikers and bikers is geared toward relieving tight muscles due to these activities. The focus of this class is to actively release the muscles and find balance within the musculoskeletal system. The benefits of this class will enhance your overall comfort level in these sports.

### YOGA FOR PEOPLE LIVING WITH CANCER

The Raintree Athletic Club is happy to share with the Fort Collins Community Yoga for People Living with Cancer. This class is free to all people at any stage of treatment or recovery from any type of cancer. Each class will be adapted to support individual physical needs and will focus on the strengths of each person. Students will have an opportunity to inward, reflect, and reconnect with their very own being. this practice offers a time and space where students can experience the present moment and develop a greater knowledge of their physical, mental, emotional and spiritual selves. For more information, contact Faith Brandt at 970.308.4378