# STRETCH YOUR LIMITS

**March 2016 | Group Exercise Schedule | Group Exercise Studio**

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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>5:00 AM</td>
<td>5:45-6:40 Strength &amp; Conditioning w/ Martha G 1,2-3</td>
<td>5:45-6:40 PLYOGA w/ Allie H 1,2-3</td>
<td>5:45-6:40 Circuit Training w/ Denise D 1,2-3</td>
<td>6:15-7:00 QUICKFIT w/ Chad B 1-2</td>
<td>6:15-7:00 QUICKFIT w/ Chad B 1-2</td>
<td>8:30-9:25 Athletic Conditioning Rotation 1,2</td>
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<td>6:15-7:00 QUICKFIT w/ Chad B 1-2</td>
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<td>8:30-9:25 Athletic Conditioning Rotation 1,2</td>
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<td>9:00 AM</td>
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<td>9:30-10:25 Total Strength w/ Jill V 1,2</td>
<td>10:45-11:40 Functional Training w/ Laurie P B 1-2</td>
<td>10:30-11:25 Cardio Strength 101 w/ Tuesday M B 1</td>
<td>10:30-11:25 Cardio Strength 101 w/ Tuesday M B 1</td>
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<td>10:30-11:25 Cardio Strength 101 w/ Tuesday M B 1</td>
<td>11:45-12:00 Express 15 w/ Becky R B 1</td>
<td>11:45-12:00 Express 15 w/ Becky R B 1</td>
<td>11:45-12:00 Express 15 w/ Becky R B 1</td>
<td>11:00-11:45 QuickFit 101 w/ Robin W B 1</td>
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<td>12:00 PM</td>
<td>12:00-12:45 Circuit Training w/ Angela L B 1-2</td>
<td>12:00-12:45 Total Strength w/ Becky R B 1-2</td>
<td>12:00-12:45 Zumba w/ Maria G 1,2</td>
<td>12:00-12:45 Interval Training w/ Becky R</td>
<td>12:00-12:45 PLYOGA w/ Diane L 1,2-3</td>
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<td>1:00 PM</td>
<td>12:00-12:45 QuickFit w/ Tuesday M B 1-2</td>
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<tr>
<td>5:00 PM</td>
<td>5:45-6:40 Cardio Strength Interval 1,2 w/ Koh</td>
<td>5:45-6:40 Athletic Conditioning w/ Amy B 1-2-3</td>
<td>5:45-6:40 Total Strength w/ Angie 1,2</td>
<td>5:45-6:40 CardioFunk w/ Michelle C 1,2</td>
<td>5:45-6:40 CardioFunk w/ Michelle C 1,2</td>
<td>5:45-6:40 CardioFunk w/ Michelle C 1,2</td>
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<td>6:00 PM</td>
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<td>6:15-7:00 QuickFit w/ Jay B 1-2</td>
<td>6:15-7:00 QuickFit w/ Jay B 1-2</td>
<td>6:15-7:00 QuickFit w/ Jay B 1-2</td>
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<td>7:00 PM</td>
<td>7:00-7:55 Zumba w/ Maria 1,2</td>
<td>7:00-7:55 Strength &amp; Conditioning w/ Kerry A 1,2-3</td>
<td>7:00-7:55 Zumba w/ Cherise J 1,2</td>
<td>7:00-7:55 Total Strength w/ Mallika R 1,2</td>
<td>7:00-7:55 Total Strength w/ Mallika R 1,2</td>
<td>7:00-7:55 Total Strength w/ Mallika R 1,2</td>
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**Grand Opening Weekend!**

- **Saturday 2/27**
  1:00-1:50 CardioFunk w/ Michelle C
  2:00-2:50 Athletic Conditioning w/ Leslie S
  3:00-3:50 Circuit Training w/ Becky R

- **Sunday 2/28**
  1:00-1:50 Zumba w/ Maria G
  2:00-2:50 PLYOGA w/ Allie H

**Purple boxes indicate classes held on the fitness floor.**

ymcacharlotte.org/saras
CLASS DESCRIPTIONS

CARDIO FUNK: A variety of dance formats with high energy music that will burn calories and make your workout fun! This is for all fitness levels. If you can move, you can groove!

QUICKFIT: QuickFit consists of alternating cardiovascular and strength training exercises designed to gain stamina, build lean muscles mass, while increasing balance and flexibility. 101 (B;1) offers a lighter version of this format to accommodate a variety of fitness levels.

ZUMBA®: Zumba® is danced based cardio that fuses Latin rhythm and easy-to-follow moves. Zumba combines high energy and motivation with unique moves and combinations.

TOTAL STRENGTH: This class offers exercises to increase muscle definition and strength utilizing a variety of traditional function & strength training tools. Lite (B;1-2) offers lighter and more intense versions of this format to accommodate a variety of fitness levels.

CARDIO STRENGTH: A combination of strength training and cardiovascular segments to boost fat burning potential. Cardio drills contain minimal choreography. 101 (B;1) offers a lighter version of this format to accommodate a variety of fitness levels.

PLYOGA: a high intensity plyometrics based interval system that uses fundamental yoga poses as active recovery.

FUNCTIONAL TRAINING: Life is unpredictable and unstable so why are we only training using stable and predictable routines and equipment? Treat variety and instability as critical components of your training. Great for all fitness levels!

EXPRESS 15: A quick 15 minute target training strength class.

CIRCUIT TRAINING: Circuit Training consists of alternating cardiovascular and strength training exercises designed to gain stamina, build lean muscles mass, while increasing balance and flexibility. B;1

STRENGTH & CONDITIONING: A variety of class plans for full body muscular strength & cardiovascular endurance!

ATHLETIC CONDITIONING: This class combines skills and drills alternating cardio segments with strength training. May also include polymeric drills, sprints and calisthenics. Base fitness level required. This class can be indoor or outdoor. I;3X

INTERVAL TRAINING: Research shows that interval training workouts, in which you alternate periods of high-intensity exercise with low-intensity recovery periods, increase fitness and burn more calories over a short period of time.

MARCH HAPPENINGS

Myofascial Release and Foam Rolling with Deep Stretch
Saturday, March 12
1:00pm-3:00pm
YMCA Member $30
Non Member $45

Desk to 5K Running Clinics
Tuesdays
5:30pm-6:30pm
Wednesdays
6:00am-7:00am
YMCA Member $45
Non Member $60

Register today at the Sales and Service Desk

APRIL WORKSHOPS

Bootcamp
Saturday, April 4
9:00am-9:45am
or 5:45pm-6:30pm
DROP IN CLASS
Free to YMCA Members
$10 for Non Members

Senior and novice participants are encouraged to attend classes that marked B:1

All members are required to wear appropriate clothing and footwear during classes.
# Stretch Your Limits

**SARA’S YMCA**

STRETCH YOUR LIMITS

ymcacharlotte.org/saras

## MARCH 2016 | GROUP EXERCISE SCHEDULE | MIND & BODY STUDIO

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<tr>
<th>Time</th>
<th>MON</th>
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<tr>
<td>5:00 AM</td>
<td>5:45-6:45 HOT Yoga w/ Monika</td>
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<td>5:45-6:45 HOT Yoga w/ Kate L</td>
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<td>6:00 AM</td>
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<td>6:00-7:00 Classical Pilates w/ Laure S I;2</td>
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<td>6:00-6:45 Sunrise Stretch w/ Sara J B;1</td>
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<tr>
<td>8:00 AM</td>
<td>8:15-9:15 Gentle Yoga w/ Michelle C B;1</td>
<td>8:15-9:15 Vinyasa Yoga w/ Marcia B I;2</td>
<td>8:00-9:15 Power Yoga w/ Andy C A;3</td>
<td>8:15-9:15 Bliss Yoga w/ Marcia B I;2</td>
<td>8:15-9:15 HOT Yoga w/ Beth C</td>
<td>8:45-9:45 HOT Yoga w/ Rotation</td>
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<td>9:00 AM</td>
<td>9:30-10:25 Pilates w/ Jill V I;2</td>
<td>9:30-10:30 Yin Yoga w/ Donna C I;2</td>
<td>9:30-10:25 HOT YOGA w/ Hope L</td>
<td>9:30-10:25 Barre w/ Heidi B;1</td>
<td>10:00-11:00 Pilates w/ Rotation I;2</td>
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<td>10:00 AM</td>
<td>10:45-11:45 HOT Yoga w/ Diane C</td>
<td>10:45-11:45 Barre w/ Janay W B;1</td>
<td>10:35-11:35 Restorative Yoga w/ Michele S B;1</td>
<td>10:45-11:45 Pilates w/ Robin W I;2</td>
<td>10:45-11:45 Senior Yoga w/ Mur D B;1</td>
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<td>11:00 AM</td>
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<td>11:35-11:50 Yoga Nidra w/ Michele S B;1</td>
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<td>12:00 PM</td>
<td>12:00-1:00 Vinyasa Yoga w/ Monika S I;2</td>
<td>12:00-1:00 HOT Yoga w/ Melissa M</td>
<td>12:00-1:00 Barre w/ Lynn F B;1</td>
<td>12:00-1:00 Hatha Yoga w/ Michelle C B;1</td>
<td>12:00-1:00 Pilates w/ Teresa O I;2</td>
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<tr>
<td>1:00 PM</td>
<td>1:15-1:45 Guided Meditation w/ Michele S B;1</td>
<td>1:15-2:15 Snooze Room</td>
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<td>5:00 PM</td>
<td>5:45-6:45 HOT Yoga w/ Melissa M</td>
<td>5:45-6:45 Barre w/ Kerry A B;1</td>
<td>5:45-6:45 Vinyasa Yoga w/ Jennifer Q I;2</td>
<td>5:45-6:45 Pilates w/ Alex W I;2</td>
<td>5:30-6:30 Slow Flow Yoga Rotation B;1</td>
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<td>7:00 PM</td>
<td>7:00-8:15 Universal Yoga w/ Andy C I;2</td>
<td>7:00-8:00 HOT Yoga w/ Suzanne D</td>
<td>7:00-8:00 Restorative Yoga w/ Monica S B;1</td>
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The benefits are clear: Napping helps you regain concentration, and it also boosts your productivity! It can reduce anxiety and depression! Take advantage of our Snooze Room sessions.

## Grand Opening Weekend!

**Saturday 2/27**
1:00-1:50 HOT Yoga w/ Beth C
2:00-2:50 Pilates w/ Jill V
3:00-3:50 Barre w/ Heidi H

**Sunday 2/28**
1:00-2:00 HOT Yoga w/ Suzanne D
2:30-3:30 Yin w/ Marcia B

Studio heated to a "hot summer day" temperature. Towels and water recommended. This class is for experienced Yoga participants and not recommended for pregnant woman or members with medical conditions.
BLISS YOGA: This class combines a slow flow, to build heat & warm the muscles, with deep stretches & twists, to release connective tissue in the belly of the muscle. Postures held for longer periods, allowing for increased flexibility. B;1

HATHA YOGA: Hatha focuses on proper alignment and positioning of the body in the postures (Asanas). This class builds a strong foundation and mindfulness of yoga at its roots.

PILATES: 70-year-old discipline that strengthens and stretches the abdomen and torso with focus on the breath. Exercises that focuses on core strength, flexibility, balance, using precise form and controlled movements working all the major muscles in the body.

CLASSICAL PILATES: adheres to the original 23 poses developed in the early 20th century by Joseph Pilates.

POWER YOGA: A more intense version of Vinyasa Yoga. Vinyasa means "flow" or linking one posture to the next. This powerful and vigorous class will connect one movement to the next through breath, balance, strength, focus and flexibility. Previous yoga experience is recommended. A;3

THERAPEUTIC YOGA: This class is to offer a path towards wellness and better health. Guidance will incorporate breath and utilization of breath to ease you into your expression of your practice. These fifty minute long classes will involve simple yoga postures, use of breath work, along with gentle massage built into the assist, in order to invite stress reduction and body balance. B;1

YIN YOGA: Yin Yoga is a balanced Yoga practice that has many benefits. Yin Yoga focuses on stretching targeted areas each class by holding poses longer, you will find more openness and release.

VINYASA YOGA: Vinyasa means "flow" or linking one posture to the next. This powerful and vigorous class will connect one movement to the next through breath, balance, strength, focus and flexibility. I;3

SUNRISE STRETCH: A perfect way to start your day with gentle yoga practice that helps to awaken the body. Held outdoors on our terrace as weather permits.

GENTLE YOGA: A series of slow moving movements that will help you stretch your entire body by introducing the mildest forms of yoga postures to help balance the body, increase the circulation & renew energy. B;1

BARRE: A workout that fuses fitness techniques from Ballet, Pilates, and Yoga that will tone, define and chisel the whole body. You don’t need any experience for this perfect combination of strength, flexibility, and fun! B;1

RESTORATIVE YOGA: This Yoga class is designed specifically for those who are recovering from illness, injury, or for anyone who has physical limitations. This mind-body healing practice will include breathing, movement, relaxation, and meditation. Chairs and Yoga props will be incorporated to assist participants as needed. Please bring a pillow and/or blanket to class. Personal Yoga mats are recommended. B;1

YOGA NIDRA: Often referred to as "yogic sleep". It is a guided practice, which brings you the deepest stages of relaxation, while still maintaining full consciousness. This practice may help reduce stress, anxiety, depression, insomnia, chronic pain, and PTSD. B;1

UNIVERSAL YOGA: A powerful and dynamic practice integrating asanas (postures), vinyasas (postures linked with breath), and turns on the mat. This class carefully uses a variety of postures, and is therefore open to any level of practitioner.

SNOOZE ROOM: The benefits are clear! Napping helps you regain concentration, and it also boosts your productivity! It can reduce anxiety and depression! Our mind body studio is open during this time to members to enjoy a peaceful 15-20 minute cat nap to rejuvenate your day.

HOT YOGA: Studio heated to a temperature of 85-90˚ (body heat >90˚) to promote profuse sweating making you more flexible. This class is for experienced Yoga participants only (not recommended for pregnant woman or members with medical conditions). I;3

SENIOR YOGA: A series of slow moving movements that will help you stretch your entire body by introducing the mildest forms of yoga postures to help balance the body, increase the circulation & renew energy. Especially for those 55yrs and older.

SLOW FLOW YOGA: This practice moves slowly and mindfully move through a series. The pace is slower, allowing for greater opportunity for mindful movement with more precision in form and technique synchronized with breath. Perfect for the beginner but even an advanced Yoga practitioner has much to learn within the reflective pace of slow Vinyasa.

GUIDED MEDITATION: simple breathing and visualization meditations that can practiced by everyone.