

Class Descriptions

Chair Aerobics:

This class is designed for individuals with limited mobility. Individuals will develop and maintain muscle strength and range of motion. All exercises are performed while seated in a stable chair. No previous experience is needed. Class length is 60 minutes.

Mindfulness:

This class can be done seated in a chair or you can sit on a comfortable blanket. Relax your mind, body and soul as you are guided through relaxing breathing techniques and guided meditation. This class is excellent for any individual who desires to reduce stress, calm the mind and relax. No previous experience is needed. Class length is 15-30 minutes.

Mat Pilates:

This class incorporates a variety of controlled exercises to help improve posture, strengthen muscles and improve flexibility. Mat Pilates is designed for a whole spectrum including individuals beginning their exercise regimen through the advanced Pilates participant. Props will be used and alignment will be discussed. No previous experience is needed. Class length is 60 minutes.

Resistance to the Core:

This class incorporates a blend of exercises that help to improve abdominal and back strength, mobility and posture. Many exercises will be on the floor, physio ball or standing. Dumbbells, resistance bands and other equipment may be used during the class. This class is open to any fitness level. Class length is 45 minutes.

Yoga Therapy for Back, Neck and Shoulders

Through the Viniyoga style of REPETITION and STAY and careful SEQUENCING of postures, students will learn how to lubricate and strengthen muscles and joints while releasing areas of chronic contraction (as a result of leaning over a computer for hours, for instance). By stretching and contracting while gently moving with the breath, students will learn that "BACK FLOSS" is as important to the spine as DENTAL FLOSS is to teeth! Class length is 55 minutes.

Yoga Therapy for Stress Management

Through movement with the breath, sound, pranayama and meditation, this totally integrated practice recognizes the layers of a human being. While using the breath as a tool, students will learn to balance the sympathetic/parasympathetic system which calms the body and mind. Create some space for yourself and not only will you feel the difference, but so will your friends and family! Class length is 50 minutes.

**Mats and blankets are provided. You may bring your personal mat and blanket if you choose to.*



MULTIPURPOSE ROOM SCHEDULE

June, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am					
6:30am					
7:00am					
7:30am					
8:00am					
8:30am		Pulmonary Rehab (Patients Only)		Pulmonary Rehab (Patients Only)	
9:00am					
9:30am					
10:00am					
10:30am					
11:00am					
11:30am					
12:00pm		Yoga for Stress Management 12:05-12:50			
12:30pm					
1:00pm					
1:30pm					
2:00pm		Pulmonary Rehab (Patients Only)	Chair Aerobics 2-3	Pulmonary Rehab (Patients Only)	
2:30pm					
3:00pm					
3:30pm				Better Breathers Club 3:30 - 5:00 (4th Thursday of each month) June 22	
4:00pm					
4:30pm					
5:00pm					
5:30pm	Yoga for your Neck, Back & Shoulders 5:30 - 6:30				
6:00pm		Mindfulness 6:00 - 6:30			

