



SANDIA MIND BODY CLASS SCHEDULE

January 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Sun Rise Yoga Stacey H.		Sun Rise Yoga Stacey H.			
8:15 AM							Pilates Mat Liz T.
12:00 PM	Intro to Pilates Mat Liz T.		Yoga Stacey H.		Intro to Pilates Mat Liz T.		

- Members are required to sign-up for all classes. Members may sign-up for classes at the Front Desk 30 minutes prior to the start

Class Descriptions

Intro to Pilates: For all levels of ability focusing on linking breath with movement. Learning how to stabilize using core muscles while moving arms and legs, creating a more balanced body.

Pilates Mat: Emphasis on core strength, flexibility, and balance. Using core muscles to stabilize the trunk of the body while attaining flexibility and balance through continuous movement.

Yoga: Breath-synchronized yoga set in a flowing circular sequence at a medium pace. Cultivates core and leg strength with upper-body freedom.

Sunrise Yoga: A class for everyone from beginners to advanced participants who want to wake-up and warm-up with the sun! Flowing moves to warm-up into balance poses and then end with deep stretching to start the day off right. Pairing breath and movement is focused on.

