

Mind and Body at Galter LifeCenter



Fall 2019 effective October 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mat 7-7:50 a.m. Cori S4				Group Centergy 5:30-6:30 a.m. Jesse S4		
∞ Pilates Stretch and Springs 8-8:50 a.m. Cori PS	∞ Pilates Stretch and Springs 8-8:50 a.m. Juliet PS		∞ Pilates Stretch and Springs 8-8:50 a.m. Juliet PS		Yoga 8-9:15 a.m. Lisa S4	Aqua Yoga 8-8:45 a.m. Shannon EP
∞ Fluidity Barre 9-9:55 a.m. Erikka S2		∞ Fluidity Barre 9-9:55 a.m. Erikka S2	Aqua Yoga 8:30-9:25 a.m. Shannon EP	∞ Fluidity Barre 9-9:55 a.m. Kate K. S2	Yoga Flow 9:30-10:45 a.m. Tim S4	Group Centergy 8:15-9:15 a.m. Jen F. S4
Tai Chi Chuan 9-10 a.m. Lin S4	∞ Fluidity Barre 9:30-10:25 a.m. Erin S2	Yoga 9-10:15 a.m. Renee S4	∞ Fluidity Barre 9:30-10:25 a.m. Erin S2	Intermediate Pilates Mat 9:30-10:20 a.m. Jennifer S1	∞ Fluidity Barre 9:30-10:25 a.m. Shannon S2	Pre/Postnatal Yoga 9-10 a.m. Shannon S5
Gentle Yoga 10:30-11:30 a.m. Jessie S4		Tai Chi Chuan 10:30-11:30 a.m. Lin S4			NEW TIME! Tai Chi Flow 10:30-11:30 a.m. Ami S2 or HG	Vinyasa Flow 9:30-11 a.m. Sara S4
				Yoga Foundations 11:30 a.m.-12:30 p.m. Renee S4	∞ Pilates Stretch and Springs 11:15 a.m.-noon Joe PS	∞ Fluidity Barre 10:15-11:10 a.m. Shannon/Dannah S2
Group Centergy Noon-1 p.m. Erika H. S4	Yoga Foundations Noon-1 p.m. Tim S4		Yoga Noon-1 p.m. Erikka S4		Chair Yoga 11:45 a.m.-12:45 p.m. Lin S4	Intermediate Pilates Mat 11:15 a.m.-12:05 p.m. Joe S4
	Chair Yoga 1:30-2:30 p.m. Lin S4		Chair Yoga 1:30-2:30 p.m. Tracy S4	Move to Heal 1:30-2:30 p.m. Sara S4	∞ Pilates Stretch and Springs 12:15-1 p.m. Juliet PS	∞ Pilates Stretch and Springs 12:10-12:55 p.m. Joe PS
			Meditation 2:30-3 p.m. Tracy S4			Gentle Yoga 2:30-3:30 p.m. Martha S4
		Nia 4:30-5:30 p.m. Sara S4			Yoga Foundations 3:30-4:45 p.m. Shannon S4	
Yoga 5:45-6:55 p.m. Shannon S4	Group Centergy 5-6 p.m. Shannon S4	Pilates Mat 5:40-6:30 p.m. Jennifer S4	Yoga 5:45-6:45 p.m. Tim S4	Heated Flow 5:30-6:30 p.m. Lisa S4		
∞ Pilates Stretch and Springs 7-7:50 p.m. Laura PS		Aqua Yoga 6:30-7:15 p.m. Suzanne EP	∞ Pilates Stretch and Springs 7-7:50 p.m. Joe PS			
Nia 7:05-8 p.m. Sara S4	∞ Fluidity Barre 7:05-8 p.m. Kate K. S2					
	Yoga Foundations 8-9 p.m. Shannon S4	Yoga 7:35-8:35 p.m. Sara S4				

Key:

∞ = Unlimited Membership Class
 Unlimited Membership Classes are free to all Unlimited Members. Drop in passes are available for purchase at the Courtesy Desk for those without the Unlimited Membership type. Unlimited class reservations are required due to the small class sizes.

PS= Pilates Studio	S1= Studio 1	S2= Studio 2	S3= Studio 3	S4= Studio 4	HG= Healing Garden	WP= West Pool	EP= East Pool
Fluidity Barre	Yoga	Pilates	Aqua Class	Nia	Group Centergy	Tai Chi	Qigong/ Meditation

Notes: Schedule is subject to change based on participation. Primary changes will happen quarterly. Instructor substitutions may be made without prior notice.

CLASS DESCRIPTIONS

Aqua Yoga - Relaxing aquatic exercise that allows focus on balance and strength using traditional yoga poses in the water.

Chair Yoga - A gentle form of yoga utilizing the chair for support. Chair Yoga allows greater flexibility and joint mobility through breath and relaxation techniques. Great for beginners and seniors.

Fluidity® Barre - Create long, lean muscles using the ballet barre, bands and balls to improve functional flexibility and strengthen your whole body. Effective for all ages and fitness levels – beginner, intermediate and advanced modifications for every exercise.

Gentle Yoga - This class offers a therapeutic approach to yoga offering simple poses/stretchers and moving at a slower pace. Gentle Yoga focuses on relaxation of the mind and body through easy breath work and restorative poses. The class focuses on postures (asanas) that can be done on the back, belly and in seated positions.

Group Centergy® - Grow longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF.

Heated Flow - In this yoga class the room will be heated to 80-85 degrees. You will experience increased blood flow to deepen flexibility while building strength in a flowing practice that includes shoulder openers, hip openers, backbends, stretches, twists and sun salutes. Some prior yoga experience recommended.

Meditation - Help prep your mind, body and spirit for a healthier today and a happier tomorrow. Learn techniques to help you get through life's toughest situations.

Move to Heal - Moving to Heal classes are for everybody with long or short term healing goals like recovery from injury, surgery, trauma, addiction; also Parkinson's and other movement challenges. It is a mindful movement class, done to a variety of music and crafted to inform, calm, inspire, energize, strengthen, motivate and always to connect to feeling better in our bodies and our lives. Oh and it's fun! Chairs are available and used.

Nia - Combines movements and concepts from yoga, martial arts and dance to improve your cardio as well as increase body awareness, endurance, flexibility and energy levels. Nia is an exhilarating mind/body dance workout that is designed to invigorate, and then relax.

Pilates Mat - These classes focus on improving strength and flexibility for the whole body without building bulk. The Pilates Method includes over 500 exercises that focus on the muscles of the abdomen, back and buttocks. For Intermediate classes, experience is recommended.

Pilates Stretch and Springs - This class incorporates traditional Pilates mat work with an emphasis on stretching and using the Pilates springs. Release tightness in the hips to help the body perform the exercises with greater ease.

Pre/Postnatal Yoga - Pre/Postnatal yoga offers many ways to be more comfortable throughout the birthing year. Learn yoga poses that will ease the stress caused by carrying the baby. Breathing exercises will be practiced to help provide relief of emotional stress, calming the central nervous system and bringing balance to fluctuating hormone levels.

Tai Chi Chuan - A meditative form of exercise that links the health of the body to a relaxed state of mind. It combines breathing techniques with a series of slow movements that stretch and tone the body. It is easy on the joints, improves balance and posture, reduces falls, lowers blood pressure and improves concentration.

Tai Chi Flow - Join Ami as she leads you through a Tai Chi moving meditation practice to help relieve stress, increase your energy flow and sense of well being. No experience is required with an option to participate seated. Class meets in Studio 3 and may move to the Healing Garden, weather dependent.

Vinyasa Flow - A faster paced yoga class with more emphasis on a creative and energetic flow, linking the various poses together, all while connecting breath and movement. Yoga experience required.

Yoga - Designed for the student with some prior yoga experience. This class will refine alignment in the asanas and introduce advanced poses and sequenced combinations of poses. Build strength and flexibility along with developing breath control techniques (pranayama) in your practice.

Yoga Flow - Build strength, flexibility and wellness in a flowing practice that includes shoulder openers, hip openers, backbends, stretches, twists and sun salutes. Align your body, clear your mind and make your heart smile! Some prior yoga experience recommended.

Yoga Foundations - Get back to the basics of yoga and deepen your practice. This class is designed with the foundation of yoga as the primary focus. It will go over the principles of yoga including breathing, asanas (poses done to increase strength, flexibility, and body awareness), diaphragmatic breathing and relaxation techniques.

EXERCISE ETIQUETTE

1. Arrive on time for class; if you are late; please warm up prior to starting the class, as the warm up is a vital component of the class. It is up to the discretion of the instructor whether or not to allow late comers to enter the class.
2. The final stretch and relaxation section is a very important fitness component of class. Please stay until the end of class and take the time to stretch the muscles you've just worked. It is disruptive to your fellow members to pack up and leave with a minute or two left of class. If you need to leave early consult with your instructor prior to class starting.
3. New comers, please introduce yourself to the instructor prior to class.
4. Please bring your towel with you and lay it down on the exercise mat during any floor work.
5. For your own safety, shoes are required during exercise, unless otherwise stated for specific classes.
6. Your full attention to the workout and instructor is appreciated; avoid lengthy conversations with other participants during class.
7. Cell phone usage is not allowed in the studios.

UNLIMITED CLASS RESERVATION RULES

- Reservations are required for all Unlimited classes due to the small class sizes. To reserve your spot sign up ahead of time online at GalterLifeCenter.org or at the Courtesy or Fitness Desks.
- Reservations are available up to a week in advance; at least a 24 hour cancellation notice is expected, if you cannot make the class please contact the Courtesy Desk (773-878-9936, ext. 5660). If you make reservations and continuously do not show up for class, your reservation privileges will be suspended.
- **If on a waitlist**, log into *My Wellness* online and check in Group Exercise to see if spots have become available on the day of your class.

For more information on Mind and Body classes at Galter LifeCenter visit our website GalterLifeCenter.org/mind-body