

# Mindful Body Pilates & Yoga Class Schedule - September 2011



| Start Time | MONDAY                  | TUESDAY                   | WEDNESDAY                  | THURSDAY                 | FRIDAY                             | SATURDAY                      |
|------------|-------------------------|---------------------------|----------------------------|--------------------------|------------------------------------|-------------------------------|
| 7am        |                         |                           | Intermediate Pilates 7-8am |                          |                                    |                               |
| 8am        |                         | Pilates/Yoga Mix 8-9am    |                            | Flow Yoga 8-9am          |                                    | Gentle Flow Yoga 8:30-9:45 AM |
| 9am        | Standing Pilates 9-10am |                           |                            |                          | Stretch Pilates 9-10am             | Props Pilates 10-11am         |
| 10am       |                         |                           |                            |                          |                                    |                               |
| 11am       |                         |                           |                            |                          |                                    |                               |
| NOON       |                         |                           |                            |                          |                                    |                               |
| 5pm        |                         | Props Pilates 5:30-6:30pm | Flow Yoga 5:30-6:30pm      | Dance Fusion 5:30-6:30pm |                                    |                               |
| 6pm        | Flow Yoga 6:30-7:30pm   |                           |                            |                          | No registration needed for classes |                               |
| 7pm        |                         |                           | Stretch Pilates 7-8pm      |                          |                                    |                               |

## Mat Class Schedule

### Monday

9:00 AM Standing Pilates  
6:30 PM Flow Yoga

### Tuesday

8:00 AM Pilates & Yoga Mix  
5:30 PM Props Pilates

### Wednesday

7:00 AM Intermediate Pilates  
5:30 PM Flow Yoga  
7:00 PM Stretch Pilates

### Thursday

8:00 AM Flow Yoga  
5:30 PM Dance Fusion

### Friday

9:00 AM Stretch Pilates

### Saturday

8:30 AM Gentle Yoga - 75 minutes  
10:00AM Props Pilates

**Members:**  
unlimited mat classes...\$75/mo

**Non-Members:**  
mat class...\$10 each

MindfulBodyPilatesYoga.com 585-242-9642(yoga)

**Dance Fusion:** Warm up & energize with music, then class culminates in a dynamic & expressive dance phrase. Unites the body and mind in playful fun.

**Flow Yoga** moves from pose to pose at a moderate pace. Modifications available for beginners. More advanced students will be challenged too.

**Gentle Flow Yoga :** 75 minute class. Poses are simpler, held longer, focusing on slowing down the mind & body. Longer relaxation than flow yoga.

**Intermediate Pilates** includes more challenging level 3 matwork exercises. Not for beginners or those healing from an injury.

**Pilates & Yoga Mix** combines movements from both Pilates and Flow Yoga into a single class. Strengthen your core while gaining flexibility.

**Props Pilates** starts with Pilates fundamentals then small props are used (stability balls, magic circles, foam rollers) to support & challenge the body.

**Standing Pilates** takes the matwork vertical. Challenges the stabilizing muscles & balance. Great for strengthening hips. No experience needed.

**Stretch Pilates** adds gentle active isolated stretching with straps to support the body. Foam roller stretches tight pecs & challenges balance.





