

**Harry L. Coomes Recreation Center  
Yoga Schedule July / August 2011**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18 10:15- 11:15a Vinyasa Yoga A 6- 7:15 pm Begin to Unwind C	19 9–10:15a Rise n’ Shine Yoga C 10:30–11:45a Timeless Yoga C 6 – 7:15pm Yoga Blend I C	20 6:15 – 7 am Sun Salutations C / stage 10:15 – 11:00 am A Power Yoga	21 9–10:15a Rise n’ Shine Yoga C 10:30–11:45a Timeless Yoga C 6 – 7:15 pm Intermediate Hatha Yoga C	22	23
24	25 10:15- 11:15a Vinyasa Yoga A 6- 7:15 pm Begin to Unwind C	26 9–10:15a Rise n’ Shine Yoga C 10:30–11:45a Timeless Yoga C 6 – 7:15pm Yoga Blend I C	27 6:15 – 7 am Sun Salutations C / stage 10:15 – 11:00 am A Power Yoga	28 9–10:15a Rise n’ Shine Yoga C 10:30–11:45a Timeless Yoga C 6 – 7:15 pm Intermediate Hatha Yoga C	29	30
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***MUST OBTAIN FITNESS PASSES FROM FRONT DESK IN ORDER TO PARTICIPATE IN CLASSES***

## ***\$6.00 MEMBERS / \$12.00 NONMEMBERS for 6 pass card***

\*\*\*Classes WILL begin at times listed; participants should arrive for classes 5 – 10 minutes early in order to be prepared to begin on time

Fitness Instructors / Group Descriptions listed on back

**Rise ‘n’ Shine Yoga / Yoga Blend I (Carol Halverson)** – These classes are designed to learn the basics of Yoga through teaching breathing, standing and floor poses, balances, and body awareness. Props will be used, with classes ending with 15 – 20 minutes of deep relaxation. Must have some past yoga experience.

**Begin to Unwind (Jacqui Pile)** - Begin to Unwind is a great way to learn the basics of Yoga and relax at the end of your day. These classes are for those with little or no yoga experience. Participants will learn the basics of breathing, standing and floor poses, balances, and body awareness. Daybreak Yoga is a great class to start the morning through practicing a form of adaptive yoga. Props will be used. Each class will end with 15 – 20 minutes of deep relaxation.

**Timeless Yoga(Carol Halverson)** - Timeless is a great idea for “everlasting” wellness!! This class is designed for people of all ages with limited range of motion and mobility. Participants will practice techniques to improve breathing capacity, concentration, flexibility, strength, and relaxation. Exercises are done with the use of chairs. Blanket or cushion can be used. “Beginning of Time”less will start with the basics of chair yoga techniques.

**Vinyasa Yoga (Julie Rutherford)** - - Strengthen the body and mind by learning proper alignment and breath work in a beginning to intermediate class with a wider variety of poses and strength building opportunities. Props will be used in this class, and prior Yoga experience is recommended.

**Sun Salutations (Alison Bundy)** – An invigorating way to warm up as the sun rises while stretching every muscle from head to toe. Props may be used in class. Class will outside under covered stage in back field(weather permitting), otherwise will meet in Meeting Room C.

**Power Yoga(Karen Kilgore)** – This class will increase strength and endurance while stabilizing your core. You will practice techniques that build muscle and improve balance.

**Intermediate Hatha Yoga (Karen Buddington)**- An intermediate flow yoga class that will compliment your summer workouts. This class will strengthen and tone and improve your flexibility. Props will be used in this class; prior Yoga experience is recommended.

Instructors: Karen Buddington (Vinyasa / Ashtanga), Alison Bundy (Eclectic – Power / Vinyasa / Iyengar / Flow / Pranayama etc. . .) Carol Halverson (Vinyasa / Flow), Jacqui Pile (Integral / Flow), Julie Rutherford (Vinyasa), Traci Lauder (Iyengar / Vinyasa / Flow / Bikram – Hot Yoga)

Passes for next cycle available the sixth week of each cycle

IF THE COOMES RECREATION CENTER STAFF CAN BE OF ANY ASSISTANCE IN SCHEDULING CLASSES OR WITH INFORMATION, PLEASE CALL 276-623-5279