

Mind/Body Classes



November 2018

	Essex Gauthier Drive 879-7734	South Burlington W. Twin Oaks Terrace 658-0001	Williston Wellness Drive 860-3343
Monday	Classes in Mind/Body studio unless noted 8:45 am Yoga (75 min)* ashley 6:30 pm Sivananda Yoga hedi (75 min)	Classes in Studio 2 unless noted 9:00 am Vinyasa Flow jessica 10:00 – 10:15 am Meditation jessica 12:00pm ^{LES MILLS} BODYFLOW michelle 7:00 pm Vinyasa Flow debbie	
Tuesday	10:30 am Gentle Yoga(GF studio) lori 11:30 – 11:45 am Meditation (GF studio) lori 12:30 pm ^{LES MILLS} BODYFLOW 30 min flexibility (GF studio) kim	10:10 am Gentle Yoga (75 min) (Eastwood Dr) meredith	6:00 am Flow Yoga jean 5:30 pm ^{LES MILLS} BODYFLOW charissa
Wednesday	9:00 am Gentle Yoga noelle <u>10:15 am Sunshine Chair Yoga hedi</u>	9:30-11:00 am Tai Chi & Qigong (Eastwood Dr) elizabeth 10:35 am ^{LES MILLS} BODYFLOW michelle 12:00 pm barre jess t 7:00 pm Ashtanga Inspired debbie	5:40 pm ^{LES MILLS} barre jen s
Thursday	10:30 am Gentle Yoga (GF studio) jim d 6:00 pm Sivananda Yoga hedi (90 min)	9:00 am Gentle Yoga (Eastwood Dr) ashley ^{LES MILLS} BODYFLOW 9:05 am (studio 1) jessy	6:00 am Vinyasa Flow debbie 4:45 pm ^{LES MILLS} barre jess s
Friday	<u>9:45 am Yoga* noelle (75 min)</u>	5:15pm ^{LES MILLS} BODYFLOW jenn t	9:30 am ^{LES MILLS} barre heather 10:30 am -12:00 pm YANG 24 TAI CHI elizabeth
Saturday	10:15 am ^{LES MILLS} BODYFLOW (GF studio) jessy 11:25 am ^{LES MILLS} barre jessy	9:10 -10:10am Core Strength & Flexibility (studio 1) janet f.	
Sunday	8:45 am Flow Yoga (75 min) lori 4:00 pm barre (GF studio) heather ^{LES MILLS} BODYFLOW (GF studio) heather	10:00 am Yoga (75 min) Emily	9:20 am ^{LES MILLS} BODYFLOW caitlin

***not recommended for beginners**

Class Descriptions

- Gentle Yoga-** An opportunity to create unity, oneness and connection allowing us to explore ways to become aligned, balanced and centered. Very relaxing. Appropriate for everyone.
- Astanga Inspired-** Focus on breathing, muscle tone, balance, relaxation and flexibility in this inspiring class.
- Flow Yoga** Flow yoga is a beginner-intermediate level class that moves the body in unison with the breath. Time is taken to focus on body, mind and spirit. A full range of postures are explored and class starts slowly and gradually climbs to a peak then a gradual descent ending with relaxation.
- Vinyasa Flow-** An eclectic blend of a variety of yoga traditions. Flexibility in the body promotes flexibility in the mind. Breath by breath and movement by movement we become fully present in the moment.
- Yoga-** Listing indicates instructor choice. Class may be modified dependant on attendees.
- Sivananda Yoga-** Yoga for the body, mind & soul. Includes pranayana (science of breath), all the asanas (postures), relaxation & meditation.
- Meditation -** Provides an introduction to several methods of meditation. Personal time allowed. Open to everyone.
- Core Strength & Flex.-** Improve core strength, flexibility, and range of motion through a variety of functional strength exercises. We will use a variety of equipment such as stability balls, hand weights, and tubing. All fitness levels welcome.
- Tai Chi/Qigong:** One of the oldest exercise methods is practiced around the world for its many health and relaxation benefits. Slow, gentle and relaxed movements are combined with focused, deep breathing. Suitable for all ages and fitness levels.

YANG 24 TAI CHI Yang 24 is the most popular and frequently practiced form of tai chi in the world. It is a shortened, easy to learn version of Yang used in China as a national exercise program. Its slow, graceful, expansive movements have been shown to have wide-ranging health and fitness benefits.

Sunshine Chair Yoga Yoga is for everyone! Even if there are physical limitations the benefits of yoga can still be experienced when done in ways that are comfortable and safe. Class starts with "pranayama" (the science of breath) to expand the capacity of the lungs and relax the nervous system thus joining the outer world with the inner world. Poses are practiced with modifications and class ends with a complete relaxation and brief meditation.

LES MILLS BODYFLOW

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

barre **NEW!** LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

If you're seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE. Without the traditional barre to support you, the muscles supporting your body's stability and strength becomes the focus. It may look beautiful, but don't underestimate the burn.

Schedules are subject to change. Classes are 1 hour unless otherwise noted. Class may be cancelled if there are less than 3 participants.

DO NOT enter the studio after class has begun; NO outdoor shoes in the studio.
Check our website for schedules and updates www.edgevt.com

"Like" the EDGE GROUP FITNESS page on FACEBOOK! This is where you will find news, updates, and information specific to everything group fitness at all EDGE locations!