

Reebok Sports Club/NY | Mind Body Studios Schedule | Fall 2010 effective 9/13/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 – 7:45am L1-3 Vinyasa Yoga Kirtan	6:30 – 7:45am L1-3 Vinyasa Yoga Mary Krensavage	6:30 – 7:45am L1-3 Vinyasa Yoga Kirtan	6:30 – 7:45am L1-3 Yoga for Athletes Emilie Smith	7:00 – 8:15am L1-3 Vinyasa Yoga April Martucci	8:45 – 10:15am L2 Anusara Inspired Kirtan	9:00 – 10:30am L2-3 Ashtanga Yoga Evan Perry
9:00 – 10:15am L1-3 Anusara Inspired Rhana Harris	9:00 – 10:15am L2 Iyengar Yoga Michelle Hill	8:30 – 9:30am L1-3 Float**** Fran Sperling	9:00 – 10:15am L1 Iyengar Yoga Basics Carol Foster/Eve Holbrook	9:00 – 10:15am L2 Iyengar Yoga Eve Holbrook	10:30am – 12:00pm L1-3 Hatha Flow Yoga Suzanne Taylor	10:45 – 11:45am L1 Gentle Yoga Gordon Sharpe
10:30 – 11:45am L2 Vinyasa Yoga Hwalan	10:00 – 11:15am L2-3 Vinyasa Yoga* Jerry Bianchini	9:00 – 10:15am L1-3 Hatha Flow Yoga Suzanne Taylor	10:30am – 12:00pm L2-3 Vinyasa Yoga Jerry Bianchini	10:30 – 11:45am L1-3 Vinyasa Yoga Kristin McGee	12:15 – 1:45pm L1 Restorative Yoga Suzanne Taylor	12:15 – 1:45pm L1-3 Vinyasa Yoga Iyala Berley
12:30 – 1:30pm L1-3 Power Lunch Oceana Baity	10:30 – 11:45am L1-3 Core Flow Yoga Aarona Pichinson	9:00 – 10:15am L1-3 Anusara Inspired* Rhana Harris	12:30 – 1:30pm L2-3 Power Lunch Oceana Baity	11:00am – 12:15pm L1-3 Buddha Mama** ** Michelle Hill	2:00 – 3:15pm L1-3 Vinyasa Yoga Iyala Berley	2:00 – 3:15pm L1-3 Core Flow Yoga Aarona Pichinson
3:45 – 4:45pm L1-3 Bendigirl Yoga** Kristin McGee	12:30 – 1:30pm L2-3 Power Lunch April Martucci	10:30 – 11:45am L1-3 Anusara Inspired JoAnna Ross	4:00 – 5:15pm L1-3 Buddha Mama** Michelle Hill	12:30 – 2:00pm L1 Iyengar Yoga Basics Michelle Hill	5:30 – 6:30pm L1-3 Float**** Fran Sperling	5:00 – 6:00pm L1 Iyengar Yoga Basics Kavi Patel
6:00 – 7:15pm L1-3 Vinyasa Yoga Jerry Bianchini	4:00 – 5:15pm L1-3 Buddha Mama** Michelle Hill	12:30 – 1:30pm L1-3 Power Lunch Angel Vasquez	6:00 – 7:30pm L1-3 Kundalini Yoga Amrit	6:30 – 8:00pm L2-3 Ashtanga Yoga Evan Perry	5:30 – 6:45pm L1 Gentle Yoga Gordon Sharpe	
7:30 – 9:00pm L1-3 Restorative Hatha Yoga Suzanne Taylor	6:00 – 7:15pm L1 Iyengar Yoga Basics Kavi Patel	6:00 – 7:15pm L1-3 Core Flow Yoga Aarona Pichinson	7:30 – 8:30pm L1-3 Float**** Fran Sperling			
	6:30 – 7:30pm L1-3 Monthly Meditation Whitney Chapman Earth Studio 10/5, 11/2, 12/6, and 1/4 only	7:30 – 8:45pm L2-3 Vinyasa Yoga April Martucci	7:30 – 9:00pm L1-3 Vinyasa Yoga Mary Krensavage			
	7:30 – 9:00pm L2-3 Ashtanga Yoga Evan Perry					



*Class held in Studio 1 on Club Level 6.
 **Fee-based program. Please contact the Group Exercise Manager for details.
 ***Fee-based program. Please contact Pam Opdyke, Sports Manager, at popdyke@reeboksportsclubny.com for details. Class is held on the Basketball Court on Club Level 4.

Mind Body instructors are available for one-on-one and duet instruction. Please contact the Group Exercise Manager to schedule.
 Look for special classes, workshops and master classes throughout the coming months which will be posted throughout the Club, at the Information Center and announced on the Group Exercise hotline.
 Scheduled instructors may change without notice. Please note class schedule is modified periodically to address Member feedback and participation levels. Classes with low participation, less than 10, are subject to cancellation. Schedules may be modified during holidays.
 See back for class level key.

Club Hours
 Monday – Thursday 5:00am – 11:00pm, Friday 5:00am – 10:00pm
 Saturday & Sunday 7:00am – 9:00pm
 Workout areas close 30 minutes prior to the Club.
 160 Columbus Avenue (and 67th Street), New York, NY 10023
 Tel: 212.362.6800 Schedule Hotline: 212.501.1439
 Group Exercise Manager: Melissa Morin
 Tel: 212.501.1429 Email: mmorin@reeboksportsclubny.com

Please consider the environment before taking a class schedule. Schedules can be referenced online or outside of our group exercise studios.

You have a choice of more than 40 different Yoga and Yoga-inspired classes to choose from including Ashtanga, Iyengar, Gentle Yoga, Anusara-inspired, Vinyasa, Power Yoga, Core Flow, Kundalini, and Yoga Basics. Many of our classes are geared for all levels of fitness and some are more appropriate for beginners or the advanced exerciser. We invite you to read the following class descriptions. Our instructors are here to inspire and enhance your exercise experience. Feel free to consult with them before, during or after class if you have questions or need assistance with any exercise. For personalized attention, many of our instructors are available for one-on-one or duet instruction.

YOGA

Developed in India, Yoga is a psychophysical discipline with roots dating back about 5,000 years. The word "Yoga" means to yoke or bind and is often interpreted as "union." Traditionally, the goal of Yoga is to unite with the Absolute, or the true self through physical postures and breathing exercises. Today, the focus is more on Yoga's practical benefits.

The benefits of Yoga are numerous and can include improved physical fitness, stress control, mental clarity, greater self-understanding and general well-being. The physical postures (known as asana in Sanskrit) enhance muscular strength, coordination, flexibility and agility. People of all ages can do yoga, and classes are available for each student's level of experience.

We are proud to offer a variety of yoga styles taught by very experienced instructors allowing students to either deepen their practice in a particular discipline or begin to experiment with others. We encourage students to be sensitive to/honor where they are at physically, keep an open mind and enjoy their breath.

CLASS LEVEL KEY

Level 1 – Beginner: Level 1 classes are perfect for someone new to yoga or who would like to get back to basics. Classes are slower paced, using introductory postures to teach alignment, awareness and breath.

Level 1-2 – Beginner-Intermediate: For students who have a little bit of yoga under their belt, and are ready for a more advanced beginner class, the basic poses are presented in more challenging ways.

Level 2 – Intermediate: Level 2 classes are for intermediate students who would like an additional challenge. Classes introduce more challenging postures and are presented in varied format. Introduction to the more challenging postures such as backbends, inversions, and arm balances.

Level 2-3 – Intermediate-Advanced: Level 2-3 classes are for advanced practitioners. Participants should be familiar with most standing poses, intermediate inversions, backbends, and arm balances. Previous experience or athletic ability is required.

Level 3 – Advanced

Level 1-3 – All levels

CLASSES

Anusara-inspired Yoga: Developed by John Friend, Anusara blends precise biomechanical alignment with energetic action in the performance of postures creating a vigorous practice that incorporates vinyasa flow and longer held postures.

Ashtanga Yoga: Ashtanga is an ancient and traditional system of Hatha Yoga, composed of several precisely designed sequences of postures (series). Each pose is linked to the next through a series of connected movements called vinyasa. Smooth and steady breathing (Ujjayi and pranayama) and gaze (dristi) are all synchronized with the movement.

Gentle Yoga: Gently strengthen and lengthen the body easing into yoga poses. Nurture the mind, body and soul and leave feeling calm and at peace.

Hatha Flow Yoga: This flowing form of Hatha yoga focuses on the physical body through asana (posture) to develop muscular strength & flexibility and pranayama (breath) to calm the mind. This practice will leave the body & mind feeling content and pleasantly fatigued. Basic yoga experience is helpful.

Iyengar Yoga: This method of Hatha Yoga, created by BKS Iyengar, teaches the classic Yoga postures. Deep awareness of proper alignment and precise actions in the body is emphasized. This technique helps to refine your poses and trains the mind to stay alert and focused.

Iyengar Yoga Basics: Review the fundamentals of yoga, emphasizing personal instruction and providing each student with the solid foundation needed to develop a safe and beneficial yoga experience. No specific fitness level is required since you are always encouraged to work within your possibilities and limitations.

Kundalini Yoga: Known as the yoga of awareness, Kundalini Yoga is based on the Kriya Yoga system. Use specific sets of asanas to combine a physical workout with dynamic breathing and mantras resulting in stronger and more balanced immune and nervous systems while bringing equilibrium to the mind, body and soul.

Power Lunch: A challenging vinyasa class connecting the breath to the movement creating a powerful, uninterrupted flow practice. Purify both mind and body, sweat out toxins and impurities and balance hormones with this dynamic flow class. Some yoga and/or basic athletic ability required.

Restorative Hatha Yoga: Release fidgety energy from the body through basic yoga postures with conscious breathing. Prepare the mind for a deeply restful restorative yoga practice. Experience the bliss of supporting the body with props allowing it to open and relax; to release tension and stored-up toxins that can cause illness. Strengthen the body and nurture the mind.

Restorative Yoga: A supported, conscious body/mind relaxation practice. When supported with props, the body relaxes and opens, releasing tension and stored-up toxins that can cause illness. Restorative poses offer benefits to both the body and mind, for conditions ranging from insomnia to asthma to chronic pain to migraines to depression.

Vinyasa Yoga: Vinyasa is a fluid style of Hatha Yoga, which combines elements of Ashtanga and Iyengar. The practice cultivates a deep flow of integration, breath and movement, awareness and alignment, and strength and flexibility.

YOGA-INSPIRED CLASSES

Our Mind Body fusion classes blend elements of dance, Pilates, martial arts and Yoga. These transformative and creative classes are designed to improve flexibility, gain strength within the body and promote the union of ancient disciplines.

Bendigirl Yoga: Bendigirl Yoga is for the tweens! You and your friends will learn to be more bendi, balanced, flexible and strong, as well as relaxed and renewed. If you've always wanted to discover more about yoga and why it is such a great exercise, Bendigirl is just right for you. This is a fee-based program; please contact the Group Exercise Manager for details.

Buddha Mama: Prenatal yoga strengthens the body, calms the mind and centers the soul. Michelle Hill, a mother of two and accomplished yoga teacher, will bring you through the stages of labor and delivery through this yoga practice. Class will begin with a practice focusing on poses which support each state of pregnancy. Michelle is certified in prenatal yoga with a combination of Iyengar and Structural Yoga Therapy training and 21 years of experience teaching and working with the body. This is a fee-based program. Please contact the Group Exercise Manager for details.

Core Flow: A dynamic and challenging Vinyasa class inspired by the core strength and healing of Forrest Yoga and the alignment awareness of Anusara. This deep and rhythmic class offers a well-rounded practice with strong emphasis on core and abs integration, mind body purification, breath to movement connection, and strengthening sequences. Some yoga and/or basic athletic ability is required.

Float™: A hybrid of yoga, Pilates, and aerial dance. While hanging in a fabric trapeze, joints decompress as you stretch with less strain and hold yoga postures longer in correct alignment. Improve upper body strength, develop better body awareness and forget you are exercising at all.

Monthly Meditation: Searching for a sense of calm in a busy world? Get centered and focused when you join meditation teacher, Whitney Chapman, for her monthly meditation offering. Learn simple techniques which you can easily duplicate in your busy world. No prior meditation experience necessary. Offered on the first Tuesday of the month, different styles of meditation will be offered in each class to expand your awareness and experience.

Yoga for Athletes: Developed specifically for individuals who are physically active and who work out regularly, this class will make you a stronger athlete and allow you to train more efficiently. The class combines challenging and energetic poses and sequences to build strength and balance with restorative poses and techniques that relax the muscles and restore full range of motion. This is a rigorous class but open to all levels of experience.

Studio Etiquette

1. Classes are a group activity; we request that you follow the instructor's routine.
2. Please be on time. Entering a class in progress is not recommended.
3. Be considerate of other Member's exercise space. Please do not crowd a Member who has arrived in class before you.
4. Please keep conversation to a minimum.
5. Please do not enter the classroom before the current class has finished.
6. Shoes are not to be worn in the studios, and are to be left in the cubbies provided.
7. Appropriate exercise attire must be worn.
8. Reserving places is not permitted.
9. Gym bags are not permitted in the studio.
10. Water must be in an enclosed, unbreakable container. Food is not permitted.
11. In consideration of other Members, no cell phones in the studio and we request that pagers are on silent mode.
12. Studios are not for personal use.
13. Members may not use stereo equipment.
14. Please remember personal hygiene and refrain from wearing perfume or cologne.
15. We request that all equipment be returned to the proper storage area.