

YOGA/PILATES | DECEMBER SCHEDULE

MONDAY

TIME	CLASS	LEVEL	INST.	LOC.
6:00-6:55	Cirq-It Pilates	\$ 1	Analia	PS
9:15-10:15	Heated Power Yoga	2/3	Laura	S2 🔥
9:15-10:10	Reform & Transform	\$ 2	Liz	PS
10:15-11:30	Breathing Into Yoga	1	Kathy	ES
10:30-11:30	BarrePOWER	1	Sarah B	S2
12:00-1:15	Hatha Yoga	1/2	Jennifer	ES
12:00-1:00	Pilates with Props	1	Liz	S2
1:30-2:45	Parkinson's Yoga Basics	1	Jennifer	ES
4:15-5:00	TWEEN Yoga	1	Sarah B	ES
5:30-6:25	Reform & Transform	\$ 1/2	Mineca	PS
5:30-6:30	Zen In The Art of Tai Chi	1	Ken	ES
6:00-7:00	Heated Power Yoga	2	Alyson	S2 🔥
6:45-8:00	Enlighten Flow	1	Sarah B	ES

TUESDAY

TIME	CLASS	LEVEL	INST.	LOC.
5:30-6:30	Heated Power Yoga	2	Kelsey	S2 🔥
6:35-7:35	Pilates Mat	1	Marisa	S2
8:45-9:45	Yin Yoga	1	Cat	ES
9:15-10:15	Pilates with Props	1	Jenny	S2
10:00-11:00	Enlighten Flow	1/2	Kelsey	ES
10:30-11:45	Gentle Yoga	1	Marsha	S2
12:00-12:55	Pilates For Men	\$ 1	Analia	PS
12:00-1:00	Yoga With Weights	2/3	Sarah B	S2
12:00-1:00	Deep Stretch	1	Linda	ES
2:00-3:00	Adaptive Yoga	\$ 1	Jennifer	ES
4:30-5:45	Gentle/Restorative Yoga	1	Paige	ES
5:30-6:30	BarrePOWER	1	Sarah B	S2
6:00-7:15	Cultivating Gratitude - Hatha Yoga	1	Kirsten	ES
8:00-9:00	Hip Hop Heated Yoga	2	Chelsey	S2 🔥

WEDNESDAY

TIME	CLASS	LEVEL	INST.	LOC.
6:00-6:55	Power Reformer	\$ 1/2	Analia	PS
7:15-8:10	Cirq-It Pilates	\$ 1	Analia	PS
9:15-10:10	Tower Of Power	\$ 2/3	Mineca	PS
9:15-10:15	Heated Power Yoga	2/3	Sasha	S2 🔥
9:15-10:15	Hatha Yoga	1/2	Lasha	ES
10:30-11:30	BarrePOWER	1	Sarah W	S2
10:30-11:30	Adaptive Yoga BIA	\$ 1	Jennifer	ES
12:00-1:15	Hatha Yoga	1/2/3	Jennifer	ES
12:00-1:00	Pilates w/ Props	1	Mariah	S2
1:30-2:00	Mid-Week Meditation	1	Jennifer	ES
4:15-4:45	KIDS Yoga	1	Chloe	ES
4:30-5:25	Yoga With Weights	2/3	Amy	S2
5:00-6:00	Yin Yoga	1	Jill	ES
5:30-6:25	Pilates Equipment	2/3	Marisa	PS
6:15-7:45	FIERCE (1st & 3rd Wednesdays)	1	Alene	ES
6:35-7:35	Pilates Mat	1/2	Marisa	S2

THURSDAY

TIME	CLASS	LEVEL	INST.	LOC.
5:30-6:30	Heated Power Yoga	2	Kelsey	S2 🔥
7:30-8:00	Tai Chi Basics	1	Ken	S2
8:00-8:55	Pilates Equipment	\$ 1	Mineca	PS
8:30-9:30	Pilates with Props	1	Lee	ES
9:00-10:00	BUFF BONES®	1	Analia	S2
10:00-11:00	Enlighten Flow	1/2	Kelsey	ES
10:30-11:30	BarrePOWER	1	Analia	S2
11:30-12:45	Yin Yoga	1	Kelsey	ES
2:00-3:00	Adaptive Yoga	\$ 1	Jennifer	ES
2:15-3:10	Reform & Transform	\$ 1/2	Analia	PS
4:30-5:30	BarrePOWER	1	Lauren B	S2
6:00-7:00	Heated Power Yoga	2	Tina	S2 🔥
6:00-7:15	Candlelight Yin Yoga	1	Sasha	ES
6:30-7:25	Pilates Equipment	\$ 1/2	Liz	PS
6:30-7:30	Zen In The Art of Tai Chi	1	Ken	CR

FRIDAY

TIME	CLASS	LEVEL	INST.	LOC.
5:30-6:30	Heated Power Yoga	2	Laura	S2 🔥
6:30-7:25	Reform & Transform	\$ 1	Bryndi	PS
8:45-9:45	Heated Enlighten Flow	2	Kelsey	S2 🔥
8:00-8:55	Reform & Transform	\$ 2/3	Bryndi	PS
9:00-10:15	Prana Vinyasa Flow	2	Jill	ES
9:15-10:10	Jumpboard	\$ 2/3	Mariah	PS
10:30-11:30	Hatha Yoga	1	Sarah B	ES
10:30-11:25	Reform & Transform	\$ 1/2	Liz	PS
12:00-1:00	BarrePOWER	1	Sarah B	S2
12:00-1:15	Power Yoga for Parkinson's	1	Jennifer	ES
1:30-2:45	Restorative Yoga for Parkinson's	1	Jennifer	ES
5:30-6:30	Core Asana	1	Joe	ES

SATURDAY

TIME	CLASS	LEVEL	INST.	LOC.
8:00-9:00	Heated Power Yoga	2	Sarah B	S2 🔥
8:30-9:45	Yin Yoga	1	Kirsten	ES
9:00-9:55	Reform & Transform	\$ 2	Liz	PS
9:15-10:15	Heated Power Yoga	2	Jason	S2 🔥
10:00-11:00	Pilates Mat	1	Liz	ES
11:15-12:30	Inscape Yoga	1	Sarah B	ES
11:30-12:30	BarrePOWER	1	Rotation	S2

SUNDAY

TIME	CLASS	LEVEL	INST.	LOC.
8:45-10:00	Heated Power Yoga	2	Mica	S2 🔥
9:00-10:15	Yin Yang Yoga	1	Jill	ES
10:15-11:15	Heated Power Yoga	2	Kelsey	S2 🔥
11:30-12:30	Prenatal Yoga	1	Kelsey	ES
4:30-5:30	Enlighten Flow	1	Jill	ES



NEW CLASS
HEATED STUDIO

ES - Enlighten Studio S1 - Studio 1
PS - Pilates Studio S2 - Studio 2
CR - Conference Room

CIRQ-IT PILATES*

Do you want to burn fat, tone your muscles, get that lean long muscle in a fun and supportive environment? Cirq-it combines Reformer, Jump board, Tower, Bosu & free weights in a structure where 2 sequences of 4 exercises each are executed 3 times before moving on to the next sequence.

JUMPBOARD*

Want more cardio from your Pilates practice? Pilates Jumpboard interval training is a dynamic workout that combines strength training and cardio. Increase your heart rate, target legs and core, and increase spinal stability and muscular endurance. This class is not recommended for those with hip, knee, or back issues. Reformer and preview Pilates experience is highly recommended.

PILATES EQUIPMENT*

A chance to use a variety of equipment in the studio in a guided setting appropriate for beginners as well as experienced pilates students wanting a slower-paced class. Full-body workout increases strength & flexibility, while improving posture, balance & control. Exercises will vary each week & include a combination of equipment.

PILATES FOR MEN*

This class focuses on men's needs: flexibility, endurance, core strength, and control. Throughout class, your body and mind will be challenged with exercises using a variety of Pilates equipment.

REFORM AND TRANSFORM*

The reformer is the centerpiece of the Pilates apparatus and is considered the "moving mat". It brings an incredible dimension to the work and simultaneously supports the body while challenging the core strength and overall stabilization. All exercises are done with controlled, precise movements and follow a specific sequence building in mental and physical intensity as it progresses. With consistency you will feel and look transformed!

TOWER OF POWER*

The Pilates tower blends the use of arm springs, leg springs, and various bars with mat work to deliver a very effective and satisfying workout. Using the weight resistance of the various springs increases metabolism and muscle definition. Leave your body more aligned, lengthened, strengthened, and certainly more powerful!

**\$25 members, \$30 non-members. Package rates available. Only 4 spaces per class available. Please sign up at the front desk.*

ADAPTIVE YOGA \$

You will learn a variety of yoga postures that can be practiced from a chair, standing or seated on the floor. This class is specifically designed for people with multiple sclerosis, spinal cord injury or other neuromuscular disorders and adapted for people of all physical abilities. Class is run through the City of Fort Collins. Visit <http://www.fcgov.com/aro/> for more information.

ADAPTIVE YOGA BIAS\$

This specialized yoga class is adapted specifically for people living with a brain injury in Northern Colorado. Props such as chairs, bolsters, blankets, blocks, and fit balls are used to support the stability, safety, and comfort of each participant. Each class will provide the experience of various breathing techniques, mindful movement that includes both strengthening and stretching exercises, and relaxation techniques. Registration is required and FREE, call 720-907-1455 to register.

BARRE POWER

Barre fitness classes are not just another trend. The Barre Technique thins your thighs, lifts your seat, flattens your abs and tones your arms, all while utilizing the basics of ballet on the barre! Limit 15 participants per class. A BarrePOWER Pass is required to attend. Passes will be available at the front desk on a first come, first serve basis, starting 30 minutes prior to class time. *Limit one pass per person - must be present to pick up the pass (cannot reserve via phone or for other class participants.)*

BUFF BONES

Buff Bones is a medically endorsed Pilates Mat program that provides a full body workout. Exercises include strength training, balance, functional movement, and rehabilitative exercise. This program is safe for those with Osteopenia and Osteoporosis.

BREATHING INTO YOGA

Breathing Into Yoga is not a style of yoga but rather an approach utilizing its tools. This technique, known as viniyoga, uses Asana (postures) and Pranayama (breath work) principles. Through stretching and contracting we find that repetition increases circulation making our muscles stronger and more flexible. This prepares us for holding postures. Most postures are suited for all levels of students and can be modified.

CANDLELIGHT YIN YOGA

This class blends stretching, Pratanan (gentle, simple movements) and restorative poses with a focus on relaxing into the deepest layers of the body. Explore soothing and well-supported poses using soft blankets, blocks, straps, and bolsters, to open the body gently, yet deeply. Improve joint flexibility, free stagnation in the muscle tissue, lubricate the joints and foster a quiet, meditative state. All levels are welcome, no previous experience necessary.

CORE ASANA

The core is vital for optimal health, meaning more than just having 6-pack abs. Yoga focuses on the navel center, using the body, breath, and mind. Core Asana focuses on: increasing length of the exhale, twisting & forward bends to connect with your center, & advanced breathing techniques to create new energy & strength at the core. Create a richer experience at the gut & a sense of power from within.

DEEP STRETCH

Participants will love this yin/restorative practice of yoga that is open to all levels. We live in a world that is very yang. Using a more balanced approach, yin and yang complement and build on one another. This class is great to reduce stress, soothe and calm. The attention is placed on slow moving postures held for 1 - 5 minutes that will help with flexibility by targeting connective tissue and muscles.

ENLIGHTEN FLOW

An all levels Vinyasa class where you will move intuitively through breath and alignment cues. Learn specific breath techniques to help you with your practice as well as your stress response. Expect to explore different themes and ideas beyond the asanas in an effort to learn more about yourself. If you are new to yoga please allow time to acclimate. All yogis can use this class as an opportunity to heal, stretch, calm, and breathe.

FIERCE

FIERCE: Functional & Fit, Independent, Energized, Restored, Confident, Empowered. Serving the unique needs of those going through the cancer experience with a positive, active focus on restoring function, movement, and enjoyment of activity. Improve strength, health, and quality of life with independence and confidence. Overcome roadblocks to motivation, confidence, and knowledge about exercise in regard to cancer. Includes warmup, gentle stretching & resistance exercise, aerobic walking, cool down, discussion, sharing, & learning. Works at your own pace each day, no expectations, only support! Class meets 1st & 3rd Wednesdays of each month. FREE to members & non-members.

GENTLE YOGA

This class is geared toward those who want to take it a little easier. Alignment principles, gentle breathing techniques, and basic poses will be taught at a slow pace for all levels. Modifications are offered as needed so that everyone, regardless of age or physical ability, will feel the benefits that yoga has to offer.

GENTLE/RESTORATIVE YOGA

A relaxing class that uses passive postures to restore energy. Relieve stress, recover from illness or injury, receive support or simply relax. Pranayama work – breath techniques that increase lung capacity and release tensions; Gentle repetitive movement – increase circulation to the larger skeletal muscles and major joints; Restorative postures use props to relax without effort; and Savasana – a final deep relaxation.

HATHA YOGA

Hatha Yoga is often slower moving than a Power Yoga practice but it can still be challenging, stimulating or soft, depending on the level of practice. The integration of breath while holding poses for longer periods of time comprise this branch of practice that encompasses and integrates many forms.

HEATED ENLIGHTEN FLOW

Enjoy a gently heated version of our popular Enlighten Flow yoga class. This vinyasa flow emphasizes creating length, stability, and balance while cultivating mindful meditation and breathing practices. **The room is a regulated temperature that does not go above 90 degrees F.

HEATED POWER YOGA

This class is an invigorating strength oriented yoga class. It focuses on breath while continually challenging your balance and stamina. This is a fast-paced class. Yoga experience is strongly suggested. A challenging full-body workout designed to make you sweat, while utilizing the body for resistance strength training. **The room is a regulated temperature that does not go above 90 degrees F.

HIP HOP YOGA

Ramp up your yoga practice with hip hop, R&B, and rap beats in a softly lit, heated power yoga class led by Instructor Chelsey Peacock. **The room is at a regulated temperature that does not go above 90°F

INSCAPE YOGA

This lusciously slow and meditative practice is the yogic prescription for chronic tension, feelings of overwhelm, longterm physical imbalance, and/or exhaustion. It is the perfect compliment to more vigorous yoga styles, and a great balance for high-stress living. Through the elegant combination of a deeper, slow flow at the beginning of class, paired with a more Yin-style yoga, you'll deeply stretch and nourish the joints in the body.

PILATES MAT

Build your foundation for understanding the Pilates Method while emphasizing proper body mechanics, breath control, abdominal support and spine/pelvic alignment, while stretching, strengthening and lengthening your muscles. You will experience each movement from the inside out as you improve coordination, balance, posture and flexibility. Beginners through advanced welcome! Modifications are provided if needed.

PILATES WITH PROPS

Is a fun way to explore your body and experience a different kind of challenge and support in the Pilates Method. Pilates with Props will offer work with small 5 inch balls, magic circles, rollers, and therabands on a mat to challenge and assist your core, upper body strength, lower extremity strength, coordination and balance.

PRANA VINYASA FLOW

This is an energetic, creative, full-spectrum approach to embodying the flow of yoga. Students of all levels are empowered to experience prana - the universal source of breath, life-energy and conscious intelligence - as the navigating source of yoga practice and vital living. Practitioners learn classical and innovative approaches to vinyasa yoga and the state of flow.

PRENATAL YOGA

Prenatal yoga focuses on creating a safe and supportive environment to address the unique needs of moms-to-be. The class will focus on preparing for birth, connecting with other moms-to-be, and breathwork and postures to help relieve pregnancy aches and pains.

MID-WEEK MEDITATION

Join Jen each week in the Enlighten Studio for open meditation following some brief discussion or instruction. All levels of experience are welcome.

YIN YOGA

In this class, we will explore how the slow steady stretching of deep connective tissue can increase flexibility and gradually create more depth in poses. We will focus on developing sensitivity to our body's subtle cues by quieting our minds and looking inward. Come explore how stretching and releasing our ligaments, tendons and fascia can promote an increased energy flow through the body.

YOGA FOR PARKINSON'S \$

This class is an adaptive yoga class designed to support people with Parkinson's Disease (and similar disorders), as well as their caregivers. Props such as chairs and bolsters are used to provide comfort, support and safety for gentle stretching, mindful movement, breathing and balancing. Every class concludes with a guided full-body relaxation. Classes are on-going. New participants can join anytime. Class is included in your membership for RAC members. Cost is \$5 per class for non-members - accepted directly in the Enlighten Studio. For questions contact instructor Jennifer Atkins at jayanti.yoga@yahoo.com Also visit: http://www.pdsupportlc.net/new_home/exercise.html

YOGA WITH WEIGHTS

This class is designed to tone and sculpt every major muscle group. This is a complementing class to your regular yoga practice while boosting your metabolism and pushing your strength and flexibility to new heights. You'll utilize free weights in addition to an intense Vinyasa Yoga Flow. Strength-training exercises such as squats, lunges, bicep and tricep curls, etc. are incorporated to build lean muscle mass. Vinyasa style yoga experience required.

YOUTH FIT - KIDS YOGA (ages 5-7) OR TWEEN YOGA (ages 8-11)

Through yoga activities kids will increase self awareness and self confidence. We will breathe, move, and imagine. Improve motor skills, develop heightened senses, foster emotional growth, build social skills, and foster creativity.

ZEN IN THE ART OF TAI CHI

Tai chi, which originated in China as a martial art, is a mind-body practice in complementary and alternative medicine (CAM). Tai chi is sometimes referred to as "moving meditation"—practitioners move their bodies slowly, gently, and with awareness, while breathing deeply.

BREAKDOWN OF YOGA/PILATES LEVELS

Level 1: Build your foundation.

The basics and fundamentals of postures are introduced. Learn the process of proper alignment in the poses, breathing techniques, and build confidence in your practice. These classes are designed for both students with no experience (*beginners*) as well as the seasoned practitioner.

Level 2: Experience needed.

Level 2 classes start to introduce more intermediate to advanced poses to help take your practice to a new level. Classes generally have a "flow" and "rhythm" to encourage the evolution of one's practice as *moving meditation*. They are more vigorous and challenging to help engender mind/body vitality.

Level 3: The ultimate experience.

For advanced practitioners that need very little demonstration of poses. These classes will be mostly intermediate and advanced poses and have a vigorous pace. Take these classes only if you have a serious degree of knowledge, stamina and flexibility. Level 3 classes are great for students looking for the highest degree of difficulty.

Please note: Classes highlighted in yellow are on the "watch list." These classes have had low participation and are in jeopardy of being CANCELED. In order to make the most efficient use of our studio space, we may discontinue classes if there are under 10 participants consistently.