



Yoga Schedule

Somerville YMCA

Created: 1/18/2019

Age requirement for group exercise classes is 13 years and older.

\$ There is a fee for these classes. Registration in advance is required at the Welcome Center.

KEY: ♥ Beginner ♥♥ Intermediate

MONDAY	CLASS	INSTRUCTOR	LOCATION
10:30 AM-11:15 AM	♥ Chair Yoga	Deepti	AP Room
11:15 AM-12:00 PM	Vinyasa Yoga	Deepti	Room 10
TUESDAY	CLASS	INSTRUCTOR	LOCATION
6:30 PM-7:30 PM	Yoga <i>Yogalates</i>	Carolyn	Room 10
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
7:30 PM-8:30 PM	♥♥ Yoga Fusion	Vandana	AP Room
THURSDAY	CLASS	INSTRUCTOR	LOCATION
10:30 AM-11:15 AM	♥ Chair Yoga	Shalini	Room 10
SATURDAY	CLASS	INSTRUCTOR	LOCATION
9:00 AM-10:00 AM	Yoga	Pallavi	AP Room
SUNDAY	CLASS	INSTRUCTOR	LOCATION
9:15 AM-10:15 AM	Yoga	Carolyn	Room 10

CLASS DESCRIPTIONS

CHAIR YOGA

Chair yoga is a gentle form of **yoga** that is practiced sitting on a **chair**, or standing using a **chair** for support.

VINYASA YOGA

Flow from one pose into the next, providing meditative movement that focuses on flexibility, balance and strength.

YOGA

Yoga is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility and balance. It is also good for relieving stress and relaxing.

YOGA FUSION

The best of Yoga, strength training, Pilates and cardio endurance all rolled up into one for a total body intense fat-burning, muscle toning, core-strengthening workout!

For questions on group exercise or cycling classes, please contact Valeria Tenreiro at tenreiro@somersetcountymca.org.