



# Yoga Schedule

## Somerset Hills YMCA–Riverwalk

Created: 1/17/2019

**KEY:** ♥ Beginner ♥♥ Intermediate

<b>MONDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
9:00 AM-10:00 AM	CDL YOGA	Patricia	Clarence Dillon Library
9:30 AM-10:30 AM	♥ Gentle Yoga	Christine	Yoga Studio
10:45 AM-11:45 AM	♥♥ Vinyasa Flow Yoga	Christine	Group Exercise Room
5:40 PM-6:40 PM	♥ Gentle Yoga	Shannon	Group Exercise Room
<b>TUESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
9:00 AM-10:00 AM	♥♥ Vinyasa Flow Yoga	Rachel	Yoga Studio
10:15 AM-11:15 AM	Senior Yoga	Hailey	Yoga Studio
6:15 PM-7:15 PM	Mixed Level Yoga	Jim	Yoga Studio
<b>WEDNESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
9:00 AM-10:00 AM	CDL YOGA	Patricia	Clarence Dillon Library
9:15 AM-10:15 AM	♥ Gentle Yoga	Christine	Yoga Studio
11:15 AM-12:15 PM	Senior Yoga	Christine	Group Exercise Room
4:30 PM-5:30 PM	CDL YOGA	Shannon	Clarence Dillon Library
6:00 PM-7:00 PM	Vinyasa Flow - Mixed Level	Marilyn	Yoga Studio
<b>THURSDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
9:00 AM-10:00 PM	Alignment Yoga	Patricia	Clarence Dillon Library
9:00 AM-10:00 AM	♥♥ Sun Salute Vinyasa Flow Yoga	Mythri	Yoga Studio
6:15 PM-7:15 PM	♥ Teen Yoga	Marilyn	Yoga Studio
<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
12:00 PM-1:00 PM	Vinyasa Flow - Mixed Level	Hailey	Group Exercise Room
5:40 PM-6:40 PM	Mixed Level Yoga	Shannon	Group Exercise Room
<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
11:15 AM-12:00 PM	♥ Kids Yoga	Marilyn	Yoga Studio
11:45 AM-12:45 PM	Vinyasa Flow - Mixed Level	Christine	Group Exercise Room
<b>SUNDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:00 AM-9:00 AM	♥ Gentle Yoga	Genevieve	Yoga Studio
9:30 AM-10:45 AM	♥♥ Intermediate/Advanced Yoga	Marilyn	Yoga Studio

## **CLASS DESCRIPTIONS**

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### **ALIGNMENT YOGA**

Using fundamentals of various yoga postures to improve strength, flexibility & balance. Focus of alignment allows students to experience the benefits of yoga at a more relaxed pace. Appropriate for all levels, holding postures provides a physical & mental experience that is both challenging and accessible with the help of yoga props.

### **CDL YOGA**

1 hour yoga classes held at the Clarence Dillion Library in Bernardsville.  
Free to Y members and \$5.00 for non members

### **GENTLE YOGA**

### **INTERMEDIATE/ADVANCED YOGA**

Geared toward students with a strong ongoing yoga practice, this class incorporates more challenging poses and variations.

### **KIDS YOGA**

### **MIXED LEVEL YOGA**

### **SENIOR YOGA**

A gentle class for older adults that creates a peaceful state for the body and the mind. The class combines floor exercises with some standing & balancing poses.

### **SUN SALUTE VINYASA FLOW YOGA**

Warm-up with Victory/Ocean breath. Then move into traditional sun salute adding poses/sequences to the routine to make it a vinyasa flow. Breath work is used throughout the class in harmony with movement. Need to have previous experience with flow yoga. Not for beginners.

### **TEEN YOGA**

### **VINYASA FLOW - MIXED LEVEL**

A yoga class for a mix of levels of yoga experience.

### **VINYASA FLOW YOGA**

Links movement of yoga postures with breath to increase strength, flexibility & balance. This fluid and movement intensive class links one pose to another with music. Although modifications are offered, this class moves at a dynamic pace & incorporates sun salutations, standing poses, back bending & forward folding.