



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER YOUR BEST SELF



Greendale's Spirit, Mind,
and Body Studio

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WED</u>	<u>THURS</u>	<u>FRIDAY</u>	<u>SAT</u>
10:15 am Hatha Yoga 4:30-6:00PM KARATE 6:15 pm Restorative Yoga	10:15am Yoga Sport 4:30pm Gentle Inclusive Yoga	10:15AM ESSENTIAL FLOW 11:30am Sit and Stand Chair Yoga 4:30-6:00PM KARATE 6:15pm Restorative Yoga	10:15am Yoga Sport 6:15pm Hatha Yoga	10:15 am Essential Flow	8:15am Pilates/ Yoga

CLASSES DESCRIPTIONS:

Gentle Inclusive Yoga: This class incorporates simple flowing sequences to warm up the body as well as slower pace movements to focus on balance, strength, and flexibility.

Hatha Yoga: In this class you will incorporate yoga postures to align, strengthen and promote flexibility in the body.

Yoga Restorative/Pilates: A mind body practice that combines supportive physical postures, breathing techniques, while focusing on posture, balance and flexibility.

Essential Flow: This class will lead you through Yoga postures to focus on the hips, quads and hamstrings while providing poses to strengthen your core and improve your balance

Yoga Sport: Foundational Yoga postures that are held longer over time to strengthen the core and body.

GUESTS WELCOME

Day passes available with photo ID for \$15/visit

**Greendale Family Branch
YMCA OF CENTRAL
MASSACHUSETTS**
75 Shore Drive
Worcester, MA 01605