



TOBY WELLS YMCA MIND / BODY CLASS SCHEDULE

November 2009 Toby Wells YMCA



Monday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
6:00 - 7:00	Yoga	2	Jonathan
9:00 - 9:55	Mat-Based Pilates*	1	Fiona
9:30 - 10:30	Yoga	2	Christiana
10:30 - 11:30	Special Populations Yoga	2	Christiana
10:00 - 10:55	Mat-Based Pilates* <i>(Beg.)</i>	1	Fiona
■ P.M.			
12:00 - 12:45	Yoga	2	Craig
5:30 - 6:25	PiYo Fusion	2	Nanette
5:30 - 6:25	Mat-Based Pilates*	1	Nancy
6:30 - 7:25	Yoga	2	Morrie

Tuesday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
6:00 - 7:00	Yoga	2	Jonathan
9:00 - 9:55	Mat-Based Pilates*	1	Nancy
9:30 - 10:45	Fitness Yoga	2	Laura
10:00 - 10:55	Mat-Based Pilates*	1	Kathy
■ P.M.			
12:00 - 12:45	Mat-Based Pilates*	1	Flo
12:00 - 12:55	Gentle Yoga	2	Pam
1:00 - 1:55	Yoga	1	Pam
5:30 - 6:25	Yoga	2	Barbara
5:30 - 6:25	Stretch & Meditation	1	Jonathan
6:30 - 8:00	Taekwon-Do	1	Donald
6:30 - 7:45	Kundalini Yoga & Meditation	2	Jonathan

Wednesday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
6:00 - 7:00	Yoga	2	Jonathan
9:00 - 9:55	Mat-Based Pilates*	1	Fiona
9:30 - 10:30	Yoga	2	Christiana
10:30 - 11:30	Special Populations Yoga	2	Christiana
■ P.M.			
12:00 - 12:45	Mat-Based Pilates*	1	Flo
12:00 - 12:45	Sport Yoga	2	Lesley
5:30 - 6:45	Yoga	2	Adi
5:30 - 6:30	Pilates	1	Nanette
7:00 - 8:00	Relaxation Yoga	2	Judi

Thursday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
6:00 - 7:00	Yoga	2	Jonathan
9:00 - 9:55	Mat-Based Pilates*	1	Nancy
9:30 - 10:45	Fitness Yoga	2	Laura
10:00 - 10:55	Mat-Based Pilates*	1	Nancy
■ P.M.			
12:00 - 12:45	Pilates Fusion	1	Lesley
12:00 - 12:55	Gentle Yoga	2	Pam
1:00 - 1:55	Yoga	2	Pam
5:30 - 6:30	Salsa	1	Leo
5:45 - 6:55	Yoga	2	Nancy
7:00 - 8:15	Kundalini Yoga	2	Duke

Friday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
6:00 - 7:00	Yoga	2	Jonathan
9:00 - 9:55	Mat-Based Pilates*	1	Kathy
9:30 - 10:25	Yoga	2	Christiana
■ P.M.			
12:00 - 12:45	Yoga	2	Craig
4:30 - 5:25	Tai Chi	2	Josh
5:00 - 6:25	Taekwon-Do	1	Donald
5:30 - 6:25	Fitness Yoga	2	Morrie

Saturday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
8:15 - 8:55	Mat-Based Pilates*	1	Fiona
8:30 - 9:55	Fitness Yoga ☺	2	Jacqueline
10:00 - 11:15	Kundalini Yoga & Meditation	2	Jonathan

Sunday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
9:15 - 10:45	Yoga	2	Morrie
9:30 - 10:25	Mat-Based Pilates*	1	Nancy
10:50 - 12:00	Gentle Yoga ☺	2	Siobhan

☺ **Baby Friendly** = Babies too young for Kid's Place may accompany their mother to class. Babies must be in stroller or car seat. (Unhappy babies should leave immediately).

NOTE: Do not enter classes late; late arrivals not permitted.

***Could include stability ball training.**

CLASS DESCRIPTIONS

- POWER YOGA / FITNESS YOGA** Experience flowing sequences that create a high-heat, high-energy workout while improving strength, flexibility, balance and posture.
- GENTLE YOGA** Suitable for those new to yoga, with special physical concerns, or who simply wish to move at a slower pace. You will experience yoga postures and stretches, gentle breathing exercises, restorative exercises, and a final relaxation period. Students are encouraged to practice within their limits, be patient and develop slowly and carefully. Followed by stretching.
- KUNDALINI YOGA** This form of yoga focuses on the stimulating and then directing of the body's energy. It integrates breathing techniques with the hatha style of yoga. It also uses mantra chanting and meditation.
- MAT-BASED PILATES** This mat class consists of a series of low-impact exercises that help improve muscle control, flexibility & coordination. Pilates exercises are designed to maximize abdominal strength, while toning & increasing flexibility in the rest of the body. Could include stability ball training.
- PILATES FUSION** Based on Pilates exercises, this class incorporates yoga and traditional fitness moves to improve core strength, balance and flexibility.
- PIYO™ FUSION** Pilates, Yoga & Dance Stretch combinations for strength and flexibility.
- SPECIAL POPULATIONS YOGA** Perfect for anyone who is prenatal, postnatal, or has any other physical limitations.
- STRETCH & MEDITATION** Meditation movement that practices accumulating, circulating and working with Qi or energy within the body.
- TAEKWON-DO** Self-Defense techniques and "forms" taught in a safe and supervised environment. It is a graceful and powerful martial art.
- TAI CHI** A form of martial arts that can increase agility, flexibility, balance, strength and coordination.
- WORLD DANCE** Take a musical journey around the world. This class is a good cardio workout.
- YOGA** Classical Hatha Yoga utilizing postures that work to release tension and stress, promote flexibility and strength, and restore health and peace of mind. Adaptable for all ages and proficiency levels.
Note: There are many styles of Hatha Yoga. Each instructor may focus on one particular style while others blend several styles as needed.

Please bring your own mat.

Class sessions will be closed 5 minutes after the start of each class.

INSTRUCTORS

We offer a team of highly experienced, well-educated YMCA instructors. Each staff person has received specific, extensive training in the discipline they are teaching. All are seeking to share their wealth of knowledge with YMCA members to provide mindful exercise that enhances well-being of the mind, body and spirit.

- Jacqueline Aussie
- Nancy Pavlich
- Jonathan Button
- Flo Pierce
- Craig Carlisle
- Nancy Roman
- Christiana Donovan
- Judi Schreyer
- Laura Ganz-Holtan
- Morris Touriel
- Donald LeVine
- Natasha Tininenko
- Josh Maka
- Pam Toomes
- Michelle Noack
- Nanette Walker
- Lesley Norris
- Kristin Wilhite
- Fiona Pallag
- Siobhan Wilcox

ADDITIONAL INFORMATION

If you have questions...



Please contact
Lindsey Nelson, Fitness Coordinator,
Toby Wells YMCA, at 858-496-9622, ext. 3012

Toby Wells YMCA

NOVEMBER 2009

PLEASE NOTE: Toby Wells YMCA is CLOSED Thanksgiving Day (11/26), but will open from 8am-12pm for a special, "Pre-Pig Out" Workout.

MIND / BODY

*Schedule subject to change
Please view our website for the most updated schedule.*

Toby Wells Facility Hours:

Monday-Friday5:00 a.m.-9:00 p.m.
 Saturday.....7:00 a.m.-6:00 p.m.
 Sunday.....7:00 a.m.-6:00 p.m.

Kids Place Hours:

1.5 hour limit unless where noted
 Monday-Friday8:00 a.m.- 2:00 p.m.
2 hour limit: 3:00 p.m.- 8:00 p.m.
 Saturday.....8:00 a.m.- 2:00 p.m.
 Sunday.....9:00 a.m.- 2:00 p.m.

Toby Wells YMCA

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www.missionvalley.ymca.org