



North Suburban Family YMCA

137 Lexington Street, Woburn MA 01801
 781-935-3270 • www.ymcaboston.org



FITNESS: WELLNESS CLASSES 2/2/08

Hours of operation
 Monday – Friday: 5:15 AM – 10:00 PM
 Saturday – Sunday: 6:30 AM – 7:00 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am Yoga conditioning for Athletes Martine	6:00am Vini Yoga Lenore	5:45am Yoga conditioning for Athletes Martine		
8:00am Resist-A-Ball Debbie	7:20am Vini Yoga Jacqueline (Studio A)	8:00am Resist-A-Ball Debbie	7:20am Vini Yoga Jacqueline (Studio A)	8:30am Hatha Yoga Ruth	
9:00am Power Yoga Ester	9:00am Pilates Myra (Studio A)	9:00am Hatha Yoga Ruth	9:00am Pilates Myra (Studio A)		
10:30am Nia Roseanne		10:30am Chair Yoga Angela	10:05am Mini Ball Pilates Barbara	10:00am Pilates w/ The Ball Patti	9:40am Vini Yoga Lenore
				11:15 am Chair Yoga Susanne	
5:30pm Pilates w/ The Ball Patti	5:30pm Pilates Patti				
					Sunday
6:30-8pm Hatha Yoga Ruth		6:20pm Nia Roseanne (Studio A)	6:15pm Advanced Yoga Luba		10:00am Vini Yoga Ani
	7:00pm Advanced Yoga Ali	7:15pm Hatha Yoga Marilyn			11:30am Pilates Patti

Wellness Class Descriptions

Wellness Classes at the North Suburban Family YMCA

*All participants are encouraged to workout at their own level at all times.
We ask all participants to wear clean, indoor athletic footwear at all times.*

Advanced Yoga – This class is designed for the individual who has been practicing Yoga for some time. The poses are more advanced and more difficult.

Chair Yoga – A gentle form of Yoga which can be practiced by all. Poses are performed with the use of a chair instead of a mat. The chair is a great tool to use to modify poses, and assist with balance and breath awareness. This is a great class for people with arthritis or other medical conditions which may limit range of motion and strength

Hatha/ Gentle Yoga

This class focuses on basic poses, restorative poses, breathing and meditations. This class allows time to observe feel and reflect upon the connection of the body and mind. This class is designed to release the body's blocked energy, reduce stress and promote relaxation. All levels and bodies are welcomed.

Mini Ball Pilates - Focusing on the basic principles of Pilates, this class works on strengthening the core muscles while improving endurance, balance and coordination. The mini ball challenges stability while enhancing certain movements. Mini ball provided.

Nia

This is an invigorating cardio workout using martial arts influences (aikido, tae kwondo and tai chi). Set to inspiring music to relax and refresh your mind, body and spirit.

Pilates

This class uses a series of exercises designed to strengthen and tone your whole body starting with the core muscles in the abdomen and the lower back.

Pilates on the Ball

This class is designed to work the core muscles incorporating the stability ball for balance and strength.

Power Yoga

This class is an advanced and intense way to build strength, flexibility and balance.

Resist - A - Ball

Working with the stability ball is a fun way to transform a workout which addresses the waistline, muscle tone, flexibility, posture and balance. This is a full body strength and toning workout.

Vini Yoga

In this class, you will experience a gentle and dynamic form of yoga. The class is designed to incorporate breathing and relaxation into user-friendly postures that are adaptable to individual needs. Beginners and individuals looking for a gradual introduction to yoga are well-suited for this class. Students are encouraged to bring a small blanket and wear comfortable clothing.

Yoga

This is a traditional Yoga class which combines posture, movement and breathing to build strength, flexibility and balance. The class ends with relaxation.

Yoga Conditioning for Athletes – Yoga for athletes is designed to increase an athlete's strength, flexibility, balance and stamina. This will improve overall performance, lessen the risk of injury and increase the recovery rate in any sport.