

OCTOBER 2018

The Lakewood Club Fitness Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 8:30a Pilates/ Kristin 10:00a Yoga/ Sara H. 5:45p Yoga/ Sara H.	3 8:00a Core Fusion/ Tanya 9:15a Slow Flow Yoga/ Tanya	4 8:30a Pilates/ Kristin 10:00a Therapeutic Yoga/ Cindy 6:00p Vinyasa Flow Yoga/ Mary	5 8:00a Tone/ Tanya 9:15 a Yoga/ Christina 10:30a Qigong & Yoga Sleep/ Christina
8	9 8:30a Pilates/ Kristin 10:00a Yoga/ Sara H. 5:45p Yoga/ Sara H.	10 No 8 am Class *SUB* 9:15a Yoga/ Christina	11 8:30a Pilates/ Kristin 10:00a Therapeutic Yoga/ Cindy 6:00p Vinyasa Flow Yoga/ Mary	12 8:00a Tone/ Tanya 9:15a Yoga/ Christina 10:30a Qigong & Yoga Sleep/ Christina
15	16 No 8:30 a Class 10:00a Yoga/ Sara H. 5:45p Yoga/ Sara H.	17 8:00a Core Fusion/ Tanya 9:15a Slow Flow Yoga/ Tanya	18 8:30a Pilates/ Kristin 10:00a Therapeutic Yoga/ Cindy *SUB 6:00p Yoga / Christina	19 No 8:00a Class 9:15a Yoga/ Christina 10:30a Qigong & Yoga Sleep/ Christina
22	23 8:30a Pilates/ Kristin 10:00a Yoga/ Sara H. 5:45p Yoga/ Sara H.	24 8:00a Core Fusion/ Tanya 9:15a Slow Flow Yoga/ Tanya	25 8:30a Pilates/ Kristin 10:00a Therapeutic Yoga/ Cindy 6:00p Vinyasa Flow Yoga/ Mary	26 No 8 am Class 9:15a Yoga/ Christina 10:30a Qigong & Yoga Sleep/ Christina
29	30 8:30a Pilates/ Kristin 10:00a Yoga/ Sara H. 5:45p Yoga/ Sara H.	31 8:00a Core Fusion/ Tanya 9:15a Slow Flow Yoga/ Tanya 		

Classes in the Motion Room

Pilates with Kristin Harris - This program focuses on the core postural muscles, which help keep the body balanced and is essential to providing support for the spine. Pilates teaches awareness of breath and alignment of the spine and aims to strengthen the deep torso muscles. Beginners are instructed to pay careful attention to their bodies, building on very small, delicate fundamental movements and controlled breathing.

Tone with Tanya Davis - This is a toning and strength class designed to target every muscle group and to create sleek definition. The class incorporates a mixture of floor exercises, weights and rings for a total body workout. This is a great way to tone-up your physique and add variety to your workout. Stick with this class and you will see results!

Therapeutic Yoga with Cindy Johnson - This is a healing practice and also a prevention and body maintenance program developed by medical doctor, Thomas Hannah. This type of yoga is available to all ages including men and women with no previous experience of any kind. Most of the exercises are done on the floor or against the wall. The benefits from Therapeutic Yoga include improved mobility, balance, muscle strength, actual length of muscle, and overall posture. Therapeutic yoga is designed for anyone who wants to age more gracefully, move more functionally with ease and control, increase balance and overall health.

Yoga with Christina - Find balance between strengthening your body and releasing your muscles into your poses-from upright, forward, backward and sideways, to twisting and inverted. As you practice yoga with emphasis on your breath and alignment you become naturally more fit. As you do yoga you will feel better about yourself in body, mind and spirit. Explore your limits without feeling exhausted.

Qigong/Yoga Sleep - Qigong is standing still with slow relaxed upper body movements, which help open up the joints, remove energy blockages, and strengthens tendons and bones. If something is out of balance in your body, qigong brings it back into balance. Yogic sleep: In the second half of the class, you will be taken to a deep resting state similar to sleep but completely conscious. 20 minutes of yogic sleep is as restful as an hour of regular sleep. (It will positively change your nervous system and your brain.)

Yoga By Sara Howard - A gentle, slow paced style, focusing on controlled breathing and staying in the pose for a few breaths. We often use props like blocks, straps or balls to enhance the enjoyment of the practice. My goal is that students find ease in their effort and effort in their ease and leave class feeling wonderful. The simple stress relieving poses are beneficial to seasoned yogis and a nice starting point for beginners.

Vinyasa Flow Yoga by Mary Pilcher - An all level Vinyasa Flow yoga class that should provide a challenge to any level of practitioner. Classes vary weekly, but the style is always a fluid and dynamic flow, creative sequencing, and a strong focus on safe, sound alignment. There is often an offering of arm balances and inversions. Intentions set to create a safe place that will empower students to make intelligent decisions on the mat. It is encouraged that you honor your bodies changing daily needs by adding in what nourishes you and taking out what doesn't.

Slow Flow Yoga by Tanya Davis - Build strength flexibility and stamina with slow flows and longer holds on poses with focus on alignment and breathing. Beginner friendly with additional challenges offered for more advanced students.

We hope you enjoy The Lakewood Club Fitness Program! All classes are complimentary to active club members. There is a \$10 fee for non-members to attend class as a guest of a member. We can charge the member account and we accept credit/debit cards (no cash or checks). There is a 6 class limit per guest each calendar year. If you have any questions or feedback regarding the Fitness Program, feel free to contact Pam Spillyards, Membership Director at 251-990-4268 or via email: pam.spillyards@grand1847.com . Thank you!