



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

## Yoga & Pilates

**Hatha Yoga:** A gentle, basic class with static poses. This is a slow-paced stretching class with some simple breathing exercises and perhaps seated meditation. Centers on asanas, or physical poses. *Ha* means sun and *tha* means moon, creating complementary forces.

**Pilates:** Core strength is the foundation of Pilates exercise. As you develop your core strength, you develop stability throughout your entire torso. As the trunk is properly stabilized, pressure on the back is relieved and the body is able to move freely and efficiently.

**Yoga Flow:** A blend of moving and held postures to align, strengthen, and stretch the body, mind and spirit. This class includes balance practice, more challenging postures and Sun Salutations. A focus on synchronizing the body's motions and the breath. Yoga Flow is named because of the smooth way the poses run together. The breath becomes an important component because you move from one pose to the next on an inhale or an exhale.



## Schedule of Classes

Hatha	Monday/Wednesday/Friday	CJ	11:00am
Pilates	Tuesday/Thursday	Teri	9:45am
Flow	Tuesday/Thursday	Paulette	7:00pm

### Grants Pass Family YMCA

1000 Redwood Ave, Grants Pass OR 97527  
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