

# Dakotah! Group Fitness Mind/Body & Aqua

Spring Schedule– Effective April 1, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	<b>Fusion</b> Nancy/Melissa F. Studio 2 45 minutes				<b>Fitness Yoga</b> Nancy Studio 2 60 minutes		
5:45 am			<b>Pilates</b> Linda Studio 2 45 minutes				
8:00 am	<b>Joint Action</b> Karen Pool 60 minutes		<b>Joint Action</b> Tracy Pool 60 minutes		<b>Joint Action</b> Monika Pool 60 minutes		
8:00 am			<b>Fitness Yoga</b> Lesa Studio 2 60 minutes				
9:00 am	<b>Aqua</b> Lesa Pool 60 minutes	<b>Aqua</b> Tracy Pool 60 minutes	<b>Aqua</b> Kami Pool 60 minutes	<b>Aqua</b> Kelley Pool 60 minutes	<b>Aqua</b> Monika Pool 60 minutes	<b>Aqua</b> Rotation Pool 60 minutes	
9:00 am			<b>Gentle Yoga</b> Karen/Gerri Studio 2 60 minutes				
9:15 am	<b>Pilates</b> Ann Studio 3 60 minutes	<b>Pilates</b> Celesta Studio 2 60 minutes	<b>Pilates</b> Ann Studio 3 60 minutes	<b>Pilates</b> Celesta Studio 2 60 minutes		<b>Fusion</b> Rotation Studio 2 60 minutes	
10:00 am	<b>Deep H2O</b> Melissa F. Pool 45 minutes				<b>Deep H2O</b> Melissa F. Pool 45 minutes		
10:20 am	<b>Fitness Yoga</b> Lesa Studio 2 60 minutes	<b>Yoga</b> Barb/Lesa Studio 2 60 minutes		<b>Fitness Yoga</b> Jill Studio 2 60 minutes	<b>Yoga for Men</b> Jill Studio 2 45 minutes		
12:00 pm				<b>Fusion</b> Renee Studio 2 30 minutes	<b>Yoga</b> Jill Studio 2 45 minutes		
4:30 pm							<b>Yoga</b> Lesa Studio 2 75 minutes
5:45 pm				<b>Fusion</b> Andrea Studio 2 60 minutes			
6:00 pm	<b>Deep H2O</b> Pam Pool 45 minutes		<b>Aqua</b> Kelley Pool 60 minutes				
6:30 pm		<b>Restorative Yoga</b> Barb Studio 2 75 minutes	<b>Candlelit Yoga</b> Gerri Studio 2 60 minutes				

Classes are subject to change without prior notice.

All participants must be at least 14 years old and fit the equipment to participate in any group fitness class.

## AQUA

CLASS	DESCRIPTION
<b>Aqua</b>	Instructors use the water's resistance to create a safe cardiovascular and muscle conditioning workout. Fun for all levels.
<b>Deep H2O</b>	Deep H2O class takes place in the deep end of the pool and focuses a little more on strength and cardio. This class is intended for Intermediate to Advanced participants.
<b>Joint Action</b>	Gentle exercises in a friendly, supportive atmosphere. Participants may see physical benefits, increased joint mobility as well as decreased pain and stiffness.
MIND/BODY	
<b>Candlelit Yoga</b>	Destress from your day - this mindful movement class combines gentle stretches and flowing sequence along with balancing and seated postures in a relaxing candlelit setting.
<b>Fitness Yoga</b>	A vigorous flowing format that links poses with Sun Salutations. Focus on strength, balance, inversions, arm balances and more difficult standing poses.
<b>Fusion</b>	This class fuses yoga, pilates and strength training to give a "pumped-up" mind-body workout.
<b>Gentle Yoga</b>	Gentle Yoga is designed to increase strength, flexibility, and balance through the use of chairs and props. Ideal for beginners, prenatal women, plus size individuals, seniors, and anyone with restricted movement.
<b>Pilates</b>	This mind/body class is designed for all levels with thorough instruction of the Pilates principles. Mat exercises that strengthen your core muscles and improve flexibility.
<b>Restorative Yoga</b>	A deeply relaxing class that uses props to help elongate the muscles, restore length to the spine, and encourage breath awareness. All levels.
<b>Yoga</b>	This class will strengthen, stretch, tone and relax the entire body. Focus is on yoga postures and breathing that revitalizes the body physically and mentally. Increase muscle tone, improve flexibility and concentration.
<b>Yoga for Men</b>	This class is for Men who may need props and modifications for their practice. Concentration will be on shoulders, hamstrings, and low back.

### Studio Locations

Cycle Studio– Lower level

Studio 1– Inside entrance

Studio 2: Behind Pro Shop on main level

Studio 3: Upper level across catwalk

Pool: Lower level-must enter through locker room

Updated: 3/19/2012