

Dakotah!

SPORT AND FITNESS

Mind/Body and Aqua Fitness Schedule Begins June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		5:45 Pilates MPR Linda			Fitness Yoga MPR Nancy		
8:00 am	Masters Yoga Lesa (MPR) Joint Action Karen	Deep H2O Sharon	Fitness Yoga Lesa Joint Action Karen/Sharon	Gentle Flow Yoga Barbara/Lesa	Joint Action Monika		
9:00 am	Aqua Lesa	Aqua Melissa	Gentle Flow Yoga MPR Karen/Gerri Aqua Melissa.	Aqua Sharon	Aqua Monika	Aqua Rotation	
9:15 am		Pilates MPR Ann/Kelley/Celesta		Pilates MPR Ann/Kelley/Celesta		Pilates MPR Rotation	
9:45 am	Yoga for Men MPR Colleen S.						
10:00 am					Deep H2O Sharon		
10:20 am		Fitness Yoga Barb/Gerri	Fitness Yoga Lesa	Fitness Yoga Jill	Yoga for Men Jill		
10:30 am	Fitness Yoga Colleen						
12:00 pm		Yoga Express Barb/ Amy			Yoga Express MPR- 45 min. Jill		
4:30 pm							Yoga X 75 Min. Lesa
5:45 pm				Pilates Fusion MPR Celesta			
6:00 pm	Deep H2O Pam		Aqua Kelley				
6:45 pm	Pilates MPR Kelley	Fitness/Restorative Yoga- MPR Barb					

KEY



= POOL



= PILATES



=YOGA

All Yoga/Pilates classes are held in the MPR.

A sticky mat is recommended for Yoga classes.

Class Descriptions on Back

Class Descriptions

Masters Yoga 60 Minutes	For the experienced Yogi. This class will offer advanced balance poses as well as a more intense flow to bring your practice to the next level. Intended for the advanced practitioner.
Aqua 60 Minutes	Instructors use the water's resistance to create a safe cardiovascular and muscle conditioning workout. Fun for all levels.
Fitness Yoga / Yoga Express 45—60 Minutes	A non-purist yoga class specifically designed for the mainstream fitness industry. This class integrates body and mind for total performance featuring strength, balance and flexibility. All levels.
Deep H2O 60 Minutes	Deep H2O class takes place in the deep end of the pool and focuses a little more on strength and cardio. This class is a little more intense and is intended for Intermediate to Advanced participants.
Yoga Fusion 45-60 Minutes	Class will focus on the classic poses of Yoga integrated with classic Pilates movements. This class will have a concentration of Pilates core movements and strengtheners. All levels.
Joint Action 60 Minutes	Gentle exercises in a friendly, supportive atmosphere. Participants may see physical benefits, increased joint mobility as well as decreased pain and stiffness.
Pilates 45—60 Minutes	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. All levels.
Restorative Yoga 60 Minutes	A deeply relaxing class that uses props to help elongate the muscles, restore length to the spine, and encourage breath awareness. Please bring a pillow with you to class. All levels.
Gentle Flow Yoga 45 Minutes	Gentle Flow is designed to increase strength, flexibility, and balance through the use of chairs and props. Ideal for beginners, pre/post natal women, plus size individuals, seniors, and anyone with restricted movement.
Yoga X 75 Minutes	Just like Fitness Yoga with the added benefit of having extra time. This allows the participant to improve strength, balance, and endurance in a non-competitive atmosphere. Intermediate to Advanced.
Aqua Yo-Lates 45-60 Minutes	Take your Pilates and Yoga to the pool. This class will focus on the core strengthening exercises of Pilates as well as the stretch, strength, and balance of traditional Yoga. All levels.
Pilates Plus 60 Minutes	An intermediate to advanced level class which teaches the traditional mat Pilates techniques along with some non-traditional core strengthening and balancing exercises. All levels.
Pilates Fusion 45-60 Minutes	Class will focus primarily on classic Pilates, core strengthening exercises and also some of the deeper Yoga stretches to compliment. All levels welcome.
Happy Hour 45 Min.	Unwind from the work week with a mood lifting yoga practice that includes some free form movement, as well as traditional poses and relaxation.
Yoga for Men 30 Min.	This class is for Men who may need props and modifications for their practice. Concentration will be on shoulders, hamstrings, and low back. This class is for people with little to no Yoga experience.

Classes are subject to change without prior notice.

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

Please no street shoes in the studios.

Please help us keep the floors clean and damage-free.