

# Group Fitness

# Spinning

Schedule  
November 16 – December 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Express Spin</b> 6:00-6:30 Deirdre		<b>Express Spin</b> 6:00-6:30 Colleen		<b>Express Spin</b> 6:00-6:30 Colleen	<b>Spinning</b> 8:30-9:15 Various
<b>Spinning</b> 8:30-9:15 Various	<b>Express Spin</b> 9:30-10:00 Various	<b>Spinning</b> 8:30-9:15 Amy	<b>Express Spin</b> 9:30-10:00 Various	<b>Spinning</b> 8:30-9:15 Nancy	
<b>Gentle Spin</b> 10:00-10:45 Various	<b>Express Spin</b> 4:30-5:00 Alison	<b>Gentle Spin</b> 10:00-10:45 Nancy	<b>Express Spin</b> 4:30-5:00 Alison		<b>Spinning</b> 9:30-10:15 Various
<b>Express Spin</b> 6:00-6:30 Melissa/Rebecca	<b>Express Spin</b> 5:30-6:00 Kara	<b>Express Spin</b> 6:00-6:30 Melissa	<b>Express Spin</b> 5:30-6:00 Kara		

# Group Fitness

# Yoga

Schedule  
November 16 – December 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gentle Yoga</b> 8:15-9:00 Katherine	<b>Foundations to Flow</b> 9:30-10:15 Antonita	<b>Sunrise Yoga Flow</b> 6:00-6:45 Nicole	<b>Foundations to Flow</b> 9:30-10:15 Antonita	<b>Yoga Flow</b> 9:45-10:30 Nancy	<b>Intermediate Flow</b> 9:30-10:15 Simone/Various
<b>Mindful Flow</b> 9:30-10:15 Katherine		<b>Yoga Flow</b> 8:45-9:30 Nancy			<b>Gentle Yoga</b> 11:30-12:15 Antonita
<b>Gentle Yoga</b> 1:00-1:45 Antonita	<b>Gentle Yoga</b> 1:00-1:45 Karla	<b>Gentle Yoga</b> 1:00-1:45 Nicole	<b>Gentle Yoga</b> 1:00-1:45 Katherine	<b>Gentle Yoga</b> 1:00-1:45 Karla	
<b>Meditation</b> 5:30-6:00 Antonita	<b>Beginner Yoga Fit</b> 5:30-6:15 Elma	<b>Meditation</b> 5:30-6:00 Alexis	<b>Vinyasa Flow Yoga</b> 5:30-6:15 Suzanne		<b>Yoga for Athletes</b> 8:30-9:15 Nicole
<b>Slow Flow Yoga</b> 6:30-7:15 Antonita		<b>Yoga Flow</b> 6:30-7:15 Andrea		<b>Moving Meditation</b> 5:30-6:00 Alexis	<b>Yin Yoga</b> 9:45-10:30 Nicole

Visit [www.clarksportscenter.com](http://www.clarksportscenter.com) for more class information.

## Saturday Spinning

November 21	Andrea
November 28	Alison
December 5	Colleen
December 12	Don
December 19	Alison
December 26	Colleen

## Sunday Spinning

November 22	Kara
November 29	Hannah
December 6	Melissa
December 13	Kara
December 20	Rebecca
December 27	Rebecca

## Schedule Changes

- The Clark Sports Center will be closed Thursday, November 26, for Thanksgiving.
- The Clark Sports Center will be closed Thursday, December 24, and Friday, December 25 for Christmas Eve and Christmas Day.
- The Clark Sports Center will be closed Thursday, December 31, and Friday, January 1 for New Year's Eve and New Year's Day.

## Group Fitness Class Information & Policies

- Reservations required. Login credentials are required to make an online reservation. If you do not have login credentials set up, please email Membership Director, Kathy Graham at grahamk@clarksportscenter.com.
- Please arrive no more than 10 minutes prior to your reservation.
- No admittance after class has started. No exceptions.
- Please cancel your class reservation if you cannot make it.
- Class sizes are limited to ensure physical distancing guidelines.
- Masks are required at all times covering your nose and mouth.
- Please wash or sanitize your hands before and after class.
- Bring your own yoga mat and props to class. Equipment must be labeled.
- Maintain physical distancing of 6 feet before, during and after class.
- Please bring minimal personal belongings into the studio and store directly next to your spot.
- Use single file entrance and exit to studios.
- Clean your bike after class. Supplemental cleaning will be done by staff.
- Group Fitness studios & Spinning ® bikes are for classes only.
- Clean, dry footwear is required in the studios (excluding yoga). Leave outdoor shoes outside of the yoga studio in designated spots.
- Please hang coats and leave boots in the cubby area.
- Classes are subject to change and may be cancelled at any time. Instructor substitutions may occur without notice.
- Personal headphones are not permitted during Group Fitness classes.
- Please silence cell phones and refrain from using during class.
- Towel service is no longer available.
- Locker rooms are closed.

**SPINNING:** SPINNING is a registered trademark of Mad Dogg Athletics, Inc.

**Express Spinning** (Limit 10) • A shorter version of our regular Spinning class for those with limited workout time.

**Gentle Spin** (Limit 10) A slightly shorter, less intense Spinning class geared towards beginners or seniors who would like to improve their cardiovascular fitness. No previous experience is required for this class, just the desire to try something new.

**Spinning** (Limit 10) • Spinning is a stationary cycling group exercise class for all levels of fitness. Classes consist of changing ride profiles with instructors leading participants through an energizing “ride.” Spinning rides combine a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training.

### YOGA & PILATES

**Beginner Yoga Fit** (Limit 8) • Yoga Fit classes involve linking several poses together to create strength, flexibility, endurance and balance. This technique is called vinyasa, which means, “to place in a special way”. In this Yoga Fit class, we will effectively work all parts of the body equally, creating an experience of non-judgement and non-competition for our students.

**Foundations to Flow** (Limit 8) • A slow to moderate paced class designed to enhance a more mindful movement of the spine. This class focuses on proper alignment and marrying breath with movement. Learn to flow more fluidly through your poses or asanas, by learning about and exploring key foundational poses from which all others are built. This class feels very meditative, leaving you feeling refreshed and renewed. Both beginners and those with an established practice can benefit from this class.

**Gentle Yoga** (Limit 8) • While uniting body, breath, and mind, this gentle yoga practice is for those who wish to strengthen their bodies, calm their minds, and find relaxation through breath work and yoga postures, both active & restorative. This is the perfect class to begin your yoga practice. Various props will be used.

**Intermediate Flow** (Limit 8) • This intermediate flow class will be based primarily on positions and transitions from the Ashtanga primary series. Familiarity with the basic asanas (postures) is assumed.

**Meditation** (Limit 8) • This class offers an opportunity to relax the mind, relieve stress and restore balance back to the body in just 30 minutes. The use of guided visualizations, mantra, breath awareness and mindful techniques will help to increase your alertness, inner-awareness and peace. No previous meditation experience is required.

**Mindful Flow** (Limit 8) • This class is for yogis, who after many months of little practice, wish to begin their practice again. Both standing and seated flows will be led with emphasis on mindfulness so that each student is able to create their personal balance of effort and ease. This feel good, no stress class ends in relaxation, so everyone leaves feeling rejuvenated and peaceful.

**Moving Meditation** (Limit 8) • A gentle movement class designated to help you relax at the end of the day. This class offers an opportunity to relax the mind, relieve stress and restore balance back to the body. The use of guided visualizations, mantra, breath awareness and mindful techniques will help to increase your alertness, inner-awareness and peace. No previous meditation experience is required.

**Slow Flow Yoga** (Limit 8) • Designed to leave you feeling refreshed and restored, this slower and meditative paced class will emphasize peace and calm in the body and mind. Poses will be held longer taking several rounds for breath in each pose. Poses will range from gentle to challenging. All levels are welcome.

**Sunrise Yoga Flow** (Limit 8) • See Yoga Flow description.

**Vinyasa Flow Yoga** (Limit 8) • The word “vinyasa” can be translated as “arranging something in a special way.” In this vinyasa yoga class, movement is coordinated with breath, flowing from one pose to the next. The result is a moving meditation, resulting in greater flexibility, strength and mindfulness. This class is for students with prior yoga experience.

**Yin Yoga** (Limit 8) • Yin Yoga is the practice of quiet receptivity. This slower and meditative style of Yoga involves holding poses for longer periods of time and deep breathing. Through the application of moderate stretches to connective tissues including fascia, ligaments and tendons; students improve circulation to the joints and overall flexibility.

**Yoga Flow** (Limit 8) • This class seamlessly blends the methodologies of Kripalu Yoga and Yogafit, providing you with a safe and enjoyable way to explore your yoga journey. Students will gain strength, focus, flexibility and find stress relief. This class is designed for students with previous yoga experience.

**Yoga for Athletes** (Limit 8) • Do you run, bike, play tennis or workout three times a week? Then you're an athlete! Compliment your strength & power workouts with sport specific yoga poses to improve your flexibility and joint mobility.