

5/10 - 5/16/21



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| MONDAY 10 | Class | Instructor |
|---------------|-------------------|------------|
| 11:45-12:45pm | Healthy Backs | Deb |
| 4:45-5:45pm | Slow Flow Vinyasa | Catherine |
| 6:00-7:00pm | Vinyasa | Catherine |

| Tuesday 11 | Class | Instructor |
|--------------|------------------------------------|------------|
| 8:15-9:10am | <i>It's Back!</i> Precision Barre' | Deb |
| 9:30-10:30am | Vinyasa | Catherine |
| 5:30-6:30pm | Slow Flow Vinyasa | Rob |
| 6:15-7:00pm | Pilates and Core | Sheridan |
| 6:45-7:45pm | Yin Yoga | Rob |

| WEDNESDAY 12 | Class | Instructor |
|---------------|------------------|------------|
| 5:45-6:40am | Precision Barre' | Deb |
| 8:30-9:30am | Healthy Backs | Marni |
| 12:00-1:00 pm | Healthy Backs | Andy |
| 6:00-7:00pm | Vinyasa | Catherine |

| THURSDAY 13 | Class | Instructor |
|-------------|------------------------------------|------------|
| 8:15-9:10am | <i>It's Back!</i> Precision Barre' | Deb |
| 4:30-5:30pm | Restoration at the Wall | Deb |

| FRIDAY 14 | Class | Instructor |
|---------------|-----------------------------------|------------|
| 9:30-10:30am | Vinyasa | Rickita |
| 10:30-11:30am | Foundation Strength & Flexibility | Deb |

| SATURDAY 15 | Class | Instructor |
|---------------|---------------|------------|
| 9:30-10:30am | Vinyasa | Catherine |
| 11:45-12:45pm | Healthy Backs | Andy |

| SUNDAY 16 | Class | Instructor |
|---------------|--------------------------|------------|
| 9:00-10:00am | <i>New!</i> Cardio Barre | Andy |
| 10:15-11:15am | Healthy Backs | Andy |
| 10:30-11:30am | Vinyasa | Catherine |
| 4:00pm-5:00pm | Slow Flow Vinyasa | Rob |

Classes in gray-Hot Studio
 Classes in green-Field House
 All other classes in the emerge studio

**Remember, at this time, we are not supplying towels, mats, water bottles and locker room amenities.*
**Enter through the north entrance only. The south entrance is closed.*

Welcome to emerge yoga

The Staff at The Sports Club of West Bloomfield welcomes you to our Yoga Oasis. We have two studios to round out our program, the Emerge Studio and the first, and only, far infra-red heated studio in the area, Emerge Power. To help us create a special experience for all practitioners, please follow this short list of rules:

* Arrive on time and if you must leave early, please do so before savasana. * Shoes are not permitted in the studios.

* No cell phones, even on silent the light is distracting to others' practice. * Allow previous class to leave the room before you enter.

* Noble silence while waiting at the door, waiting in the studio for class to begin and during practice.

Temperature Guide

Precision Barre, Barre Fusion, Postural Strength & Conditioning 75-78

Healthy Backs - 78-82

Yin Yoga, Wall Classes 80-85

Slow Flow Vinyasa 82-88

Hot Vinyasa 93+

Gentle Yoga

Healthy Backs - The perfect class for beginners or experienced yogi, looking to stretch and strengthen the spine in all 6 directions. You may not work up a sweat in this class, but you will leave feeling longer, looser and more relaxed.

Restore at the Wall - All asanas are performed at the wall. In this class the wall is used to provide greater stability, to nurture a greater opening and to reinforce alignment principles. Although this class is held in the hot studio, the far infra-red system may not be used.

Yin Yoga - This practice targets the more "yin" parts of the body. Specifically the bones, ligaments and connective tissue of the hips, low back, pelvis and shoulders. Unlike muscles, which are more "yang", which benefit from the repetition and movements found in an active practice, these tissues need to be addressed through long holds in a calm and relaxed environment.

Vinyasa

Vinyasa means the synchronization of breath and movement. Vinyasa classes may be more appropriate for the intermediate yogi or the physically active, the classes are more vigorous and athletic. All classes involve linking postures to the flow of one's breath and students are encouraged to move at a pace of one breath/one movement. Classes start with sun salutations to warm up and progress through a sequence of postures of "flows". Once you are comfortable with the sequence of poses presented, you will be encouraged to "flow on your own". A Vinyasa class will include: forward folds, back bends, side bend twists, core strengthening, inversions and balancing poses. Class will conclude with deep stretches that target the muscles worked in that day's flow.

Hot Vinyasa - Get your "flow" on and experience all of the health benefits of far infra - red heat, including: immune function improvement, increased blood flow, healthier cells and an increased breakdown of fatty acids. Please hydrate before, during and after class.

Slow Flow Vinyasa - A slower version of a Vinyasa practice with attention to alignment and technique. Slow Flow has all components of a Vinyasa practice, including, flowing on your own, inversions and balancing poses. The room will be cooler, the flows, less complex and the holds are 3-5 breaths.

Strengthening and Toning

Precision Barre - This class uses one's own body weight and unique equipment while integrating the most effective target toning techniques. This allows the entire body to work evenly, creating greater flexibility, strength & definition. This is a workout for everybody.

Barre Fusion - This is a full body workout to tone, sculpt and strengthen muscles. This class goes one step further than the Precision Barre class, fusing aspects of ballet, barre, yoga and Pilates; there may also be some low impact aerobics and classic weight training. All levels welcome

Strengthen & Stretch - Increase flexibility range of motion and circulation with a combination of standing and mat exercises. Body weight work will strengthen your core and improve posture. Everyone will benefit from this invigorating head to toe workout!