

11/29/21



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MONDAY 29	Class	Instructor
9:00-10:00am	<sup>ew Time and Class</sup> Healthy Backs/Core Essentials	Barbara
10:30-11:30am	Healthy Backs	Deb
4:45-5:45pm	Slow Flow Vinyasa	Catherine
6:00-7:00pm	Vinyasa	Catherine

Tuesday 30	Class	Instructor
8:15-9:10am	Precision Barre'	Deb
9:30-10:30am	Vinyasa	Catherine
4:30-5:30pm	Healthy Backs	Katie
5:30-6:30pm	Slow Flow Vinyasa	Katie
6:45-7:45pm	Yin Yoga	Katie

WEDNESDAY 1	Class	Instructor
5:45-6:40am	Precision Barre'	Deb
8:30-9:30am	Healthy Backs	Deb
9:30-10:30am	Vinyasa	Katie
10:00-11:00am	Pilates Sculpt	Suzanne
12:00-1:00 pm	Healthy Backs	Andy
6:00-7:00pm	Vinyasa	Catherine

\*Enter through the north entrance only. The south entrance is closed.

\*\* Substitute

(IR) - The Infra Red will be on for this class

THURSDAY 2	Class	Instructor
8:15-9:10am	Precision Barre'	Deb
4:30-5:30pm	Restoration at the Wall	Deb
6:00-7:00pm	Slow Flow with Yin	Katie

FRIDAY 3	Class	Instructor
8:15-9:15am	Slow Flow Vinyasa	Rob
9:30-10:30am	Vinyasa	Rickita
9:30-10:30am	Foundation Strength & Flexibility	Deb

SATURDAY 4	Class	Instructor
9:30-10:30am	Vinyasa	Catherine
10:30-11:30am	Healthy Backs	Andy
11:45-12:45pm	Yin for Healthy Backs (IR)	Katie

SUNDAY 5	Class	Instructor
9:00-10:00am	Cardio Barre	Andy
10:15-11:15am	Healthy Backs	Andy
10:30-11:30am	Vinyasa	Catherine

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

## 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!