

11/21/22



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MONDAY 21	Class	Instructor
	<i>This class has limited space and requires a prior sign up.</i>	
9:00-10:00am	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 22	Class	Instructor
8:15-9:10am	Precision Barre'	Deb
9:30-10:30am	Vinyasa	Catherine
5:30-6:30pm	Slow Flow Vinyasa	Katie
6:45-7:45pm	Yin Yoga	Katie

WEDNESDAY 23	Class	Instructor
5:45-6:40am	Precision Barre'	Deb
9:00-10:00am	Slow Flow Vinyasa	Anne
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 24	Class	Instructor
<i>Happy Thanksgiving! Club Hours 8am-2pm</i>		
8:15-9:10am	Precision Barre'	Deb
8:30-9:45am	Special Thanksgiving Flow	Katie

FRIDAY 25	Class	Instructor
8:00-9:00am	Slow Flow Vinyasa	Deb
9:30-10:30am	Vinyasa	Katie
9:15-10:15am	Foundation Strength & Flexibility	Deb

Saturday 26	Class	Instructor
9:30-10:30am	Vinyasa	Catherine
9:30-10:15	Express Slow Flow	Katie
10:30-11:30am	Healthy Backs	Andy
10:45-11:45am	Yin for Healthy Backs (IR)	Katie

SUNDAY 27	Class	Instructor
8:00-9:15am	<i>New day and time!</i> Ashtanga Flow	Dr Salil
9:00-10:00am	Cardio Barre	Andy
9:20-10:20am	<i>New Class!</i> Hot Slow Flow	Yusef
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 as 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, Postural Strength & Conditioning 75-78

Healthy Backs 78-82

in for Healthy Backs,

Wall Classes 80-85

Ashtanga Flow, Slow Flow Vinyasa and Express Slow Flow 82-88

**Hot Slow Flow Vinyasa
Hot Vinyasa 92+**

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.

Restoration 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.

Express Slow Flow - This class is the same format as a Slow Flow Vinyasa but for those short on time. You will still get all of the benefit of a Slow Flow Vinyasa class but in 45minutes.

Ashtanga Flow - This class will focus on one breath one movement sequences and caters to those interested in advancing their yoga to a higher level. Dr. Salil is an on mat teacher and he will lead the class as he performs and describes the poses. This is a 75 minute class. Please bring your own mats. Dr. Salil always teaches modifications and encourages students to focus on their own practice.

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.

Foundation Strength & Flexibility - 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!