

# Y GROUP EXERCISE MIND & BODY

We build strong kids, strong families, strong communities.

## July 2010 Schedule

Monday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
12-1pm	Hatha Yoga	All	Tessa	CR	5:30-7:00pm	Kundalini Yoga	All	Lauren	CR
					7:30-8:15pm	Mat Pilates	All	Kelli	RS
Tuesday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
8:30-10:00am	Kundalini Yoga	All	Tanya	CR	6:00-6:30pm	Pilates 101	1	Karen	RS
10:00-10:45am	Mat Pilates	All	Kelli	RS	◀ 6:00-7:00pm	Yoga Flow	All	Jeremy	CR
Wednesday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
8:30-10:00am	Hatha Yoga	All	Tanya	CR	5:30-7:00pm	Yoga	All	Kathy	CR
Thursday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
8:30-10:00am	Hatha Yoga	All	Jennifer	CR	5:30-7:00pm	Yoga Flow	All	Jeremy	CR
10:00-10:45am	Mat Pilates	All	Kelli	RS					
Friday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
9:30-11:00am	Kundalini Yoga	All	Tanya	CR	5:30-6:30pm	Relax and Renew Yoga	All	Kathy	CR
Saturday									
Time	Class	Level	Instructor	Rm	ROOM KEY				
8:30-10:00am	Kundalini Yoga	All	Tanya	CR	(1 <sup>st</sup> Floor)	RS = Ray Sence			
					(3 <sup>rd</sup> Floor)	CR = Club Room			
10:00-11am	Mat Pilates	All	Karen	RS	◀ Indicates NEW Class Time/ Location/ Instructor				

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.  
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## **Class Descriptions**

**Hatha Yoga:** Using the principles of alignment, this uplifting practice explores posture as a means of expressing and affirming one's goodness. It is an inspiring practice that celebrates the heart.

**Kundalini Yoga:** Incorporates postures, dynamic breathing techniques along with chanting and meditating on mantras

**Mat Pilates:** Progressive series of exercises to tone, increase strength, improve flexibility and overall balance with its main focus on the core muscles.

**Pilates 101:** This class is a great introduction to Pilates. In just 30 minutes you will strengthen your core, improve your posture just to name a few of the great benefits.

**Yoga Flow:** This class is a combination of strength, mental focus, balance and sweat! It will open your mind, body and spirit like never before. All levels welcome.

**Relax & Renew Yoga:** Experience breath work and gentle poses that stretch the body and ease the mind.

### **All Levels:**

Modifications and variations provided for any fitness level

### **NOTE:**

- Minimum age: 15 years, with instructor's approval, except for Power Yoga, minimum age is 18 years.
- Classes with less than 5 participants are subject to cancellation
- Instructors and classes are subject to change
- Instructors reserve the right to (NOT) allow latecomers to enter class
- To allow for smooth transition between successive classes-class time will end 5 minutes early.

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## BURBANK COMMUNITY YMCA

### **FACILITY HOURS**

Monday-Friday 5:30AM - 10:00PM  
Saturday 7:00AM - 6:30PM  
Sunday 12NOON - 5:00PM

### **MEMBER SERVICES HOURS**

Monday-Friday 8:00AM - 8:00PM  
Friday 8:00AM - 7:00PM  
Saturday 9:00AM - 6:00PM  
Sunday 1:00PM - 5:00PM

### **SCHOLARSHIPS**

Financial assistance applications are available at Member Services and/or burbankymca.org.