

Weymouth Club Mind/Body/**Barre** Schedule **Effective 4/10/17**

MONDAY

CLASS	TIME	INSTRUCTOR	HEAT
Moderate Yoga	9:15am	Susan D.	Room temp
Heated Barre	10:30am	Linda M	85*
Gentle Hatha	11:45am (30 mins)	Maureen M.	Room temp
Meditation	12:15pm (30 mins)	Maureen M.	Room temp
Power	5:30pm	Tara S	95*
Moderate	6:45pm	Pauline D	85*

TUESDAY

CLASS	TIME	INSTRUCTOR	HEAT
Moderate	9:15am	Connie H	85*
Heated Barre	10:30am	Leah G.	95*
Core Focus	12:00pm (30 min)	Melanie V.	Room temp
Foam Roll	12:30pm	Melanie. V.	Room temp
Heated Barre	4:30- 5:15pm	Melanie V	95*
Power	6:15pm- 7:25pm (70min)	Kathleen M	80*

WEDNESDAY

CLASS	TIME	INSTRUCTOR	HEAT
Heated Barre	5:30am	Kathy L	95*
Un-Heated Barre	8:30am	Kristine D	Room temp
Moderate	9:30am	Rachel C	85*
Gentle Hatha	12:00pm	Sue T	Room temp
Vinyasa Flow	5:30pm	Andrea Blinn	95*
Moderate	6:30pm	Pauline	85*

THURSDAY

CLASS	TIME	INSTRUCTOR	HEAT
Ball Roll & Restore	8:30am	Rachel C	Room temp
Power	9:15am	Rachel C	95*
Heated Barre	10:30- 11:15am	Leah G.	95*
Core Focus	11:30am	Melanie V.	Room temp
Foam Roll	12:00pm	Melanie V.	Room temp
Yin Yoga	5:00pm	Eric P	Room temp
Vinyasa Flow	6:15pm	Andrea Blinn	85*

FRIDAY

CLASS	TIME	INSTRUCTOR	HEAT
Moderate	9:15am	Mary Jane B.	85*
Barre-dio	10:30am	Leah	Room temp
Gentle Hatha	11:45am (30 min)	Maureen M.	Room temp
Meditation	12:15pm (30 mins)	Maureen M.	Room temp
Power Basic	5:30pm	Nancy B.	80*

SATURDAY

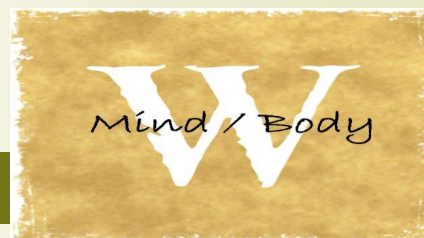
CLASS	TIME	INSTRUCTOR	HEAT
Power	8:30am (90 min)	Margot B.	95*
Hatha Flow	10:30am	Pauline D	85*

SUNDAY

CLASS	TIME	INSTRUCTOR	HEAT
Power	8:00am	Rachel C	95*
Heated Barre	9:00am	Rachel C	95*
Moderate	10:15am	Margot B.	80*

***CLASSES IN RED ARE
NEW***

Classes are subject to change & will be posted outside studio.



Drop in fees are available for non Mind/Body members.

***Please be aware this is an unairconditioned studio and will always be warm at room temperature**

Weymouth Club Mind/Body Schedule - Heated Yoga Studio

Barre-dio

an hour of fat blasting and muscle toning 30 minutes of core cardio movements followed by 30 minutes at the Barre for muscle sculpting and toning. Core work and stretches at the end of the class will leave you feeling energized and strong.

Core Focus: You want amazing abdominals? This class focuses on core strength and conditioning, borrowing moves from Pilates and yoga.

Ball Roll & Restore: Deep tissue massage using high grip rubber balls coupled with conscious corrective movement to help realign and restore optimal mobility in your body

Heated Barre: Hottest workout in town! Transform your body. This fat blasting, tummy tucking workout is fun and challenging. It strengthens, lengthens and stretches the body from top to bottom, from inside & out. A combination of yoga, pilates and ballet, combined with heat and motivating music, brings the latest most effective workout around! This class uses light weights, exercise bands, pilates balls and ballet barre. Please bring your mat and plenty of water. You will be sure to sweat!

Moderate: Build flexibility and strength. Glide into your intermediate class with the combination of breath and posture movement.

Power: Invigorate your body and soul with this challenging active sequence that will be designed by our unique instructors. We recommend that 3 moderate classes are attended prior to attending this class.

Basic Power This practice will have both gentle and challenging aspects to it. An emphasis is placed on connecting and moving with the breath as well as proper alignment. This class is suitable for a wide range of body types, fitness levels, and ages and will benefit students new to power yoga as well as experienced students looking for an opportunity to deepen their knowledge of the poses.

Hatha Flow Yoga: Uses postures & conscious breathing in combination with a connective flow of movement & mental focus to develop strength, flexibility and relaxation. Through proper alignment and the mindful coordination of breath & movement, this class will bring balance, strength and a sense of well-being to the practitioner

Meditation: Quiet the mind. Come experience the incredible benefits of a meditation practice, including reduced stress, better concentration, a strengthened immune system, and inner peace.

Foam Roll: This class will relieve sore muscles & joint stress. It will also improve your flexibility and reduce injuries. You will use your own body weight to roll on foam rollers and balls for a massaging effect.

Gentle Hatha: Classic yoga postures, breath work, and gentle warming movements to build strength, flexibility and relaxation. Focus on standing poses and basic seated work that is suitable to all levels. Generally slower pace than Vinyasa yoga

Vinyasa: Flow Utilizing the synchronization of breath and traditional poses and sequences and the opportunity to learn/practice inversions. Seated meditation will be performed prior to the traditional final resting pose of Savasana

Yin Yoga A slow paced style of yoga with poses that are held or longer periods of time in order to target the connective tissues, such as the ligaments, bones and joints. Suitable for any body and age. Practicing Yin Yoga has a way of bringing balance to the organs of the body which can bring balance to the emotional, mental and physical body.

Mind/Body Class Information

All classes will include modifications for all levels of students.

Mind/Body members can pre-register for classes by calling 781-337-4600 starting 7:00am the day before class. Visit www.weymouthclub.com to view schedule.

Reservations can also be made in person at the Front Desk starting at noon on the day before the class.

Please check in at the Front Desk to receive your Mind/Body token for class.

We offer 30 min, 60 min, 70 min and 90 min classes.

Drop in Fee for classes: WC Member: \$15 or (\$10 for 30 minute class)/ Non-Member: \$25 or (\$15 for 30 minute class)

There is a \$10 cancellation fee for barre classes and workshops. Please give 3 hour notice to avoid fee

Participants must arrive 15 minutes prior to start. **There will be no entry into the studio after the start time of the class.**

Bring a yoga mat, towel and water (Mats and towels are available for sale at the Front Desk).

Please turn your cell phones off.

Shoe Lockers or Half Lockers outside the studio are available for personal storage. Use of this storage area will enable us to maximize floor space in the studio. Please lock your belongings.

The only items in the studio should be mats, towels and water.

You will sweat **A LOT!!** **PACE** yourself and **DRINK** plenty of water.

Please visit our web site at www.weymouthclub.com for more Mind/Body information or contact: Melanie @ mvaux@weymouthclub.com.