



mind/body studio

winter schedule

effective March 21st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM			HEATED BARRE Kathy L 95 degrees				
8:00AM						HEATED BARRE (45 mins) Colleen L 95 degrees	POWER YOGA Rachel C 95 degrees
9:00AM						POWER YOGA (75 mins) Margot B 95 degrees	HEATED BARRE Rachel C 95 degrees
9:15AM	MODERATE YOGA Susan D room temp	MODERATE YOGA Susan D 85 degrees	UNHEATED BARRE Kristine D room temp	MODERATE YOGA Yelena H 85 degrees	BARRE-DIO Jen M room temp		
10:15AM							MODERATE YOGA Margot B 80 degrees
10:30AM	HEATED BARRE Linda M 85 degrees	BARRE-DIO Melanie V room temp	MODERATE YOGA Mary Jane B 85 degrees	HEATED BARRE Leah G 85 degrees	MODERATE YOGA Mary Jane B 85 degrees	HATHA FLOW YOGA Pauline D 85 degrees	
11:30AM		CORE FOCUS Melanie V room temp		CORE FOCUS Melanie V room temp			
12:00PM	GENTLE HATHA YOGA Maureen M room temp	FOAM ROLL (45 mins) Melanie V room temp		FOAM ROLL (45 mins) Melanie V room temp	GENTLE HATHA YOGA Maureen M room temp		
12:30PM	MEDITATION Maureen M room temp				MEDITATION Maureen M room temp		
4:30PM	POWER YOGA Rachel C 95 degrees	HEATED BARRE (45 mins) Melanie V 95 degrees		HEATED BARRE (45 mins) Jenn M 95 degrees	POWER YOGA Kathleen M 80 degrees		
5:30PM	VINYASA FLOW YOGA Tara S 85 degrees	MODERATE YOGA Susan D 85 degrees	VINYASA FLOW YOGA Pauline 95 degrees	YIN YOGA Eric P room temp			
6:30PM	RELAXATION 101 Eric Perry room temp	POWER YOGA Kathleen M 95 degrees	MODERATE YOGA Tara 85 degrees	BARRE-DIO Jenn M room temp			

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 class will leave you feeling energized and strong.

BASIC POWER YOGA

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

CORE FOCUS

You want amazing abdominals? This class focuses on core strength and conditioning, borrowing moves from pilates and yoga.

FOAM ROLL

This class will relieve sore muscles and 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 YOGA

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

HATHA FLOW YOGA

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

HEATED BARRE

Transform your body. This fat blasting, tummy tucking workout is fun and challenging. It strengthens, lengthens and stretches the body from top to bottom, and inside and 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, towel and plenty of water...you will be sure to sweat!

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.

RELAXATION 101

Nidra is an ancient art of relaxation that allows for deeper awareness and conscious release of tensions and stresses, both mental and physical in nature. Participating in Yoga Nidra for 30 minutes is equal to about 3 or 4 hours of sleep.

MODERATE YOGA

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

POWER YOGA

Invigorate your body and soul with challenging, active sequences that are designed by each unique instructor. We recommend that three moderate classes are attended prior to this class.

VINYASA FLOW YOGA

Vinyasa utilizes 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 for 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.

DROP IN

WC Members = \$15/class (\$10 for 30 min class)
Non-Members = \$25/class (\$15 for 30 min class)

PRE-REGISTER | CHECK IN

Mind/Body Members call 781.337.4600
starting 7:00am day before class
Check in at front desk to receive token for class

CANCELLATION

\$10 cancellation fee for barre classes and workshops
Give 3 hour notice to avoid fee

WHAT TO BRING

Yoga mat, towel, water
All are available for sale at front desk

Please utilize lockers outside of studio for belongings
Arrive 15 mins prior to the start of class
No entry into studio once class starts

You will SWEAT!

PACE yourself!

DRINK WATER!

**All classes will include modifications
for all levels of students**



WEYMOUTH CLUB HOURS: Mon-Thurs 5:00am-10:00pm · Fri 5:00am-9:00pm · Sat 6:00am-7:00pm · Sun 7:00am-6:00pm
ENERGY CENTER HOURS: Mon-Fri 8:30am-1:00pm & 3:30pm-7:30pm · Sat 8:30am-2:00pm · Sun 10:00am-2:00pm