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Quick Glance Mind and Body Class Schedule

Monday	Palm City	Jensen Beach	Hobe Sound	South Hospital
8:00 AM		Gentle Stretch		
9:15 AM	Vinyasa Yoga (75min)			
10:30 AM		Pilates	Barre Pilates	Stretch & Core
12:00 PM			Vinyasa Yoga	
4:30 PM				Tai Chi for Energy
5:30 PM			Vinyasa Yoga (75 min)	
6:35 PM	Power Yoga	6:45 pm: Yoga		
Tuesday				
8:00 AM	Vinyasa Yoga			8:05 am: Body Bliss
9:15 AM			9:05 am: Stretch & Core	Hatha Yoga
10:30 AM		Pilates w/foam roller	Yoga Foundations	12 pm – SS Yoga
4:30 PM		Yoga	Vinyasa Yoga	4 pm: Stretch & Core
6:35 PM	Vinyasa Yoga			
Wednesday				
8:00 AM	Vinyasa Yoga	Pilates	Barre Fitness	
9:05 AM			Core Fusion	
10:15 – 10:45 AM	10:45 am: Pilates +	10:30 am: Tai Chi		10:30 am: Stretch & Core
12:00 PM			Yoga Foundations	
4:30 PM			Beginner Tai Chi	
5:30 PM			Tai Chi	
6:35 PM	Power Yoga	6:45 pm: Yoga		Piloga
Thursday				
8:00 AM	Kripalu Yoga			
9:05 AM		Yoga	Pilates w/ Props	
10:30 AM		Stretch n' Strengthen	Vinyasa Yoga	Vinyasa Yoga
12:00 PM	SS-Yoga	11:45 am: SS-Yoga		
4:30 PM		Yoga		Stretch & Core
5:40 PM		Pilates w/foam roller	5:30 pm: Vinyasa Yoga	
Friday				
9:15 AM				Pilates w/Props
10:30 AM	10:45 am: Piloga	Pilates	Yoga Foundations	Stretch & Core
Saturday				
9:00 AM		9:15 am: Pilates	Ashtanga Yoga	
10:15 AM			Prana/Asana Yoga	
Sunday				
10:30 – 10:45 AM	10:30 am: Vinyasa Yoga	10:45 am: Pilates		

Description of Mind and Body Classes:

Gentle Yoga/Stretch: This class is a gentle yoga class for those who are new to yoga or for those who are looking for a less challenging class due to stiffness or lessened strength or confidence. This class is recommended for those with a medical condition or special limitation.*

Yoga: Welcomes all fitness levels. Yoga postures known as asanas are dynamically flowed together to strengthen, stretch and relax.

Power Yoga: An advanced yoga class designed to increase your heart rate, strength and flexibility.

Vinyasa Yoga: Vinyasa yoga synchronizes movement with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. All levels are welcome. *Persons with hypertension or cardiac history should speak to instructor regarding isometric exercises.

Kripalu Yoga: The key to the practice of Kripalu Yoga lies in understanding prana (universal life-force) as a link between body, mind, and spirit. The regular practice of Kripalu Yoga will result in the awakening of prana, which allows the deeper aspects of Yoga and meditation to manifest spontaneously and effortlessly.

Yoga Foundations: A beginner level yoga class focusing on technique, moving slowly through asanas.

Ashtanga Vinyasa Yoga: Considered a classical form of yoga, Ashtanga purifies the body through distinct breathing practices and a set series of poses. This class will draw from the primary series and emphasize vinyasa flow.

Pranayama & Asana (a.k.a., Breath and Movement Yoga): In this class, we will explore a good deal of pranayama, or breath control, which is the primary aspect of any yoga practice. The hour will consist of breath work in conjunction with gentle asana and relaxation exercises.

Pilates: A mat class with mind and body exercises that focuses on building core abdominal and back strength. Dynamic, three-dimensional movements will balance strength with flexibility and will improve posture and circulation.

Pilates Fusion: all the movements of Pilates plus exercises to increase your heart rate.

Piloga: A blend of Yoga and Pilates aimed at strengthening, lengthening and relaxing the body.

Pilates w/Props: A more challenging core class that utilizes several modalities including weights and the stability ball.

w/F. Roller: Pilates with the foam roller emphasizing the release of tense muscles.

Stretch & Core/Strength: A perfect therapeutic non-impact workout designed to increase range of motion and improve flexibility as well as teach relaxation.

Body Bliss: Start the day off right feeling “fresh and fabulous” as you shape and tone your body, increase your awareness and gain more flexibility.

Tai Chi: A series of slow, graceful and controlled body movements. These movements have been compared to yoga and ballet. This class is a great activity for improving balance, flexibility and core stability, and it is also very relaxing.

Beginner: come to this class if you want to learn the basics of the Tai Chi discipline.

Tai Chi for Energy: Tai Chi is a gentle ancient exercise now practiced for health. Tai Chi for Energy is a program that incorporates more vigorous movements to efficiently increase and circulate your own internal energy or chi.

Barre Fitness: This low-impact workout will help one gain strength and flexibility while improving balance. This is a full body workout that fuses elements of classical ballet with strengthening exercises to help achieve long and lean muscles like a dancer. Everyone is welcomed and you do not need any dance experience to participate.

Barre Pilates: A blend of Pilates movements and Barre exercises designed to strengthen, lengthen and tone the body.

SilverSneakers®

Yoga: SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Policies:

- ✓ Please arrive on time for all classes to allow for proper warm-up time and less disruption.
- ✓ All classes are on a first-come, first-served basis.
- ✓ Bring a friend for \$8 with the member discount! Non-members can work out for only \$12 a day.

Schedule and instructors subject to change without notice.

For ALL fitness information or to fill out an instructor survey, please visit

martinhealth.org/fitness or call 772.781.2722