

Wellness Classes at Good Bodies



Class Fees:	Member	Non-Member
Single Class	\$12	\$15
Ten Class Pass	\$100	\$120

Your first class is complimentary at Good Bodies!
www.goodbodiesfitness.com



Vinyasa Yoga

Vinyasa-style yoga combines a series of flowing postures with rhythmic breathing for an intense body-mind workout. Vinyasa is exercise that develops strength and flexibility while keeping students on the move. Yoga is a wonderful cross-training tool to continue building strength in ways that traditional exercise cannot. Appropriate for beginner to advanced level participants.

Yin Yoga

This class reaches deep within the body beyond the muscles into the connective tissues surrounding the joints. If you sit for long periods during your work week, this class may be for you. The soothing and well-supported poses target the hips, pelvis and lower spine and are held for several minutes letting the body and mind release stiffness, stress and tension.

Gentle Hatha Yoga

Gentle Hatha-style yoga combines a series of postures with rhythmic breathing for a gentle body-mind workout. Hatha yoga is exercise that develops strength, flexibility and balance while moving slowly. Yoga is a wonderful cross-training tool to continue building strength in ways that traditional exercise cannot. Whether you are new to yoga or a regular practitioner, the class will teach you to honor your body by building awareness through "kind" movement and breath.

Pilates

A fun and invigorating workout that teaches a series of controlled movements utilizing the body's "core" - abdomen, back, and hips. This exercise regimen is designed to create long, lean muscles while enhancing strength, flexibility, and balance, with an emphasis on posture. The Pilates mat classes are suitable for any level, and may utilize small props to bring additional challenge to your workout.

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No Class!	3 Vinyasa/Yin 6-7:30pm Angela	4 Vinyasa 9:15am Constance	5 Gentle Hatha 6pm Angela	6 First Fridays Vinyasa/Yin 6:30pm Angela	7 Vinyasa 9:15am Constance
8	9 Pilates 9:15am Constance	10 Vinyasa/Yin 6-7:30pm Angela	11 Vinyasa 9:15am Constance	12 Gentle Hatha 6pm Constance	13	14 Vinyasa 9:15am Constance
15	16 Pilates 9:15am Constance	17 Vinyasa/Yin 6-7:30pm Angela	18 Vinyasa 9:15am Constance	19 Gentle Hatha 6pm Angela	20	21 Vinyasa 9:15am Constance
22	23 Pilates 9:15am Constance	24 Vinyasa/Yin 6-7:30pm Angela	25 Vinyasa 9:15am Constance	26 Gentle Hatha 6pm Constance	27	28 Vinyasa 9:15am Constance
29	30 Pilates 9:15am Constance	31 Vinyasa/Yin 6-7:30pm Angela				