



PAID PROGRAMS SCHEDULE HENDRICKS REGIONAL HEALTH YMCA JANUARY-MARCH

Exercising three times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

MON	TUE	WED	THUR	FRI	SAT
PLAY & LEARN HRS: 8am-2pm, 4-8:30pm	PLAY & LEARN HRS: 8am-2pm, 4-8:30pm	PLAY & LEARN HRS: 8am-2pm, 4-8:30pm	PLAY & LEARN HRS: 8am-2pm, 4-8:30pm	PLAY & LEARN HRS: 8am-2pm, 4-8:30pm	PLAY & LEARN HRS: 8am-2pm
	8:30-9:45 AM Wake Up & Flow MP2		9-10:15 AM Yoga for Everybody MP2		
	9:15-10 AM TRX Wellness Center		9:15-10 AM TRX Wellness Center		10:30-11:45 AM Vinyasa Yoga MP2
		11:15-12:30 PM Gentle Yoga MP2			1-3 PM YOGA WORKSHOPS Jan. 18 & Mar. 21 MP1
			5:15-6 PM TRX Wellness Center		
			6:15-7 PM TRX Wellness Center		

TRX Sessions: Jan 6–Jan 31; Feb 3–Feb 28; Mar 2–Mar 27; **FREE DEMO WEEK MARCH 30– APRIL 3**

- Unlimited Yoga is \$34/month for members and \$54/month for non members.
- Yoga Workshops are \$25 for members and \$45 for non-members.
- TRX 4 week session is \$33 for members and \$60 for non-members.

TRX: TRX Suspension Training include a fast, effective total body workout, that improves mobility and flexibility, builds lean muscle and develops core stability and functional strength.

Vinyasa Yoga: Vinyasa means to “flow” with your breath. Classes are designed to improve your flexibility, increase your strength and relax your mind. All levels welcome.

Wake Up & Flow: An ideal option for getting you moving after the sun rises. Combination of dynamic sequencing and deep breathing. Gets the mind, body, spirit energized and ready to start the day.

Gentle Yoga: Safe, effective, yoga class for those who want a softer, nurturing, slow paced, and relaxing practice.

Yoga for Everybody: This gentle morning practice is designed to meet the student where they are, be that new to yoga, working with physical limitations, or a seasoned practitioner seeking a deeper approach to yoga. This class provides a safe space for your growth by offering pose modifications and variations to help you meet your yogic goals.

Jan. 18 - Road to Recovery: Almost everyone acquires a mental or emotional wound that creates depression, fear, anxiety, or stress. These wounds can manifest into physical ailments and hold us back from living a happier, healthier life. Come experience a “body centered” perspective for growth and recovery through the healing powers of yoga asanas and breathing. All levels welcome.

March 21 - Yoga for Kids: A yoga routine tailored just for Little Bodies! Your child will breathe, stretch and play in a fun yoga way. 1:00-1:45 PM—ages 3 to 5; 2:00-3:00 PM—ages 6 to 11