



**NEW!** ☀️ Summer is here, and we can't wait to see you in studio!  
 Please check the schedule for temporary changes to your favorite classes. Adjustments have been made based on instructor availability and facility needs to support community programs over summer.  
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 🗓️ Summer schedule runs 6/9-8/15.  
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 Thank you for your flexibility and continued support!

**FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY**

## SUMMER 2025 MIND/BODY (STUDIO C/MPR) CLASS SCHEDULE

### CARLISLE FAMILY YMCA

\*\*\*MEMBERS MUST BE AT LEAST 13 YEARS OLD TO PARTICIPATE IN GROUP EXERCISE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45am-6:45am Power Flow Yoga (Linda)				
	7am-7:55am Tai Chi (Kurt)		7am-7:55am Tai Chi (Kurt)			
	8am-8:30am Advanced Tai Chi (Kurt)	8am-8:50am Qigong (John)	8am-8:30am Advanced Tai Chi (Kurt)		<b>NEW!</b> 8:45am-9:45am Power Flow Yoga (Linda) 8/16	
		9am-10am Tai Chi (John)	9:15am-10am Cardio Barre (Jeannette)		9am-10am Sport Stretch Yoga (JIM)  **All classes in MPR in June	
9:15am-10am Barre Above (Claudine)			9:15am-10am Cardio Barre (Jeannette)			
10:30am-11:30am Yoga+Stretch (Susan)	<b>NEW!</b> 10am-11am Easy Yoga (Jim)  **Class in Studio A 6/10-8/15	10:30am-11:15am Yogalates (Kathy)	10:15am-11am Pilates (Melissa)	10am-10:45am Barre Above (Megan)		
					10:15am-11am Barre Above (Claudine)	
			11am-11:30am Meditation Reset (Melissa)	11:35am-12:30pm Chair Yoga (Kathy)		11am-12pm Vinyasa Flow Yoga (Corrine)
		12pm-1pm Lunchtime Easy Yoga (Bob)				
		5pm-5:30pm Meditation Reset (Melissa)				
5:30pm-6:25pm Moderate Flow Yoga (Kris Z.)	5:30pm-6:15pm Barre Intensity (Christina)	5:30pm-6:25pm Pilates (Melissa)	5:30pm-6:30pm Sports Stretch Yoga (Jim)	5:30pm-6:30pm Mind Body Rotational Class (Check online)		
6:35-7:20 Barre Above (Megan)	7pm-7:30pm Meditation Reset (Melissa)					

\* If you are new to group fitness and/or have a question about our programming, please contact our group fitness coordinator at [anikoloff@carlislefamilyymca.org](mailto:anikoloff@carlislefamilyymca.org)

### CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013

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## **CARLISLE FAMILY YMCA CLASS DESCRIPTIONS**

### **Mind/Body CLASSES**

**Vinyasa Flow Yoga** - Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga, it is sometimes confused with "power yoga". Vinyasa classes offer a variety of postures, and no two classes are ever alike.

**Power Flow Yoga** - is a Flow class with a strong focus on fundamental principles for strength, alignment and movement. It is challenging but adaptable for any Body.... As yoga is for any BODY!

**Moderate Flow Yoga** - incorporates fundamentals of Vinyasa Flow but moves at a slower pace. This class is perfect for all levels.

**Yoga+Stretch** - This has a strong focus in posture and controlled movement is meant to leave participants ready to approach the rest of the day with vitality.

**Chair Yoga** - Chair Yoga explores the benefits of Yoga using the chair for support and as an additional balance aid. Seated as well as standing poses are practiced. All levels are welcome. Chair Yoga is joint friendly, engages the core, helps with postural alignment, and benefits the body and mind.

**Sports Stretch Yoga** - Dynamic stretching, strength development and techniques of breath control using Hatha Yoga techniques. Improve balance, reduce stress and increase energy.

**Easy Yoga** - This is a gentle yoga practice. We use chairs and mats as needed. This class is suitable for all ages and physical abilities.

**Asana Breakdown:** A 60-minute practice where we break down key yoga postures (asanas) focusing on correct alignment and modifications suited for you. Sun Salutations, Warrior Series, Balancing Postures, and more! This class is typically offered in a winter session.

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**Taijiquan (Tai Chi)**- is a "slow motion" Chinese Martial Art, often referred to as "meditation in motion." This program of exercise trains individuals for daily practice; the physical and mental health effects of taiji are many. Suitable for all, taiji is comfortably practiced into old age. Participants train together in a non-competitive, health-focused, method. This class moves through the general practice of Taijiquan - for beginners to early advanced participants. Here basic concepts, movement, coordination, balance, and relaxation are emphasized.

**Advanced Tai Chi** - Training continues - for advanced participants onward. Here participants are introduced to more complexity including "tuishou" - "push-hands" two-person practice methods. This class is intended to be an extension of the 60-minute Taijiquan (Tai Chi) class.

**Qigong (Chi Gong)**- is a broad title for historically Chinese "energy exercises." Based in large measure on Traditional Chinese Medicine theory, Qigong training guides practitioners through stationery and gentle postures that balances mind and body. Like its cousin, taijiquan, ample science supports Qigong's numerous health benefits.

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**Pilates** - A proven method for stretching and strengthening your entire body. If you are interested in putting health back into fitness, this is the class for you! All fitness levels welcome. Our Pilates classes offer a variety of options and challenges based on instructor. If you want a full body workout that improves flexibility and core strength with exercises that stretch and tone all muscle groups, this class is for you. Class can vary from prop free to use of weights, Stability Balls™, Foam Rollers, Flex-Band® exercisers, and Fitness Circle® resistance rings. Class warmup and repertoire exercises focus on Stott Pilates five basic principles.

**Meditation Reset** - A perfect guided opportunity to allow one's physical, mental and emotional states of being to release stress, tension and disease as patterned responses to the human experience. Allow the entire nervous system to recalibrate.

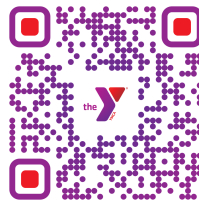
**Restorative Soundbath** - Sound bath is a variation of meditation that includes the use of crystal bowls and other sound-making objects to help create a calm, relaxing environment. Appropriate for all levels and abilities. Participants will sit comfortably in a chair or mat to experience the restorative benefits of this class. Allow your mind to rest and ease any stress or tightness in your body as you settle in.

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**Barre Above** - Barre Above® is a barre program that blends the latest exercise science with the principles of the Lotte Berk method (the genesis of the Barre movement) delivering a fusion of ballet, Pilates, yoga and strength training to the workouts. Designed for wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged.

**Barre Intensity** - Barre Intensity® combines attributes of Pilates, dance, and functional fitness training. We incorporate small, isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished.

**Cardio barre** - a fun and super hyped-up barre workout incorporating extreme intervals, longer and deeper holds with no break time. This class will make you sweat with a combination of precise toning moves and cardio plyometric blasts that get your heart thumping and those endorphins going. Not only will your muscles be working aerobically but your heart will be pumping too! Fun tunes, Plie squats, and energetic strength drills like jump squats and sautés, forearm planks with rotation, and pushups. all to build muscle strength and create a longer and leaner body. Come meet your new addiction! Classes are mixed level yet vigorous.

**TGA Signature Barre** - Develop core awareness while toning, lifting, and lengthening all your muscles from inside out. A perfect blend of traditional ballet positions, endurance training, and mat Pilates to improve your overall physique and center your mind. Benefits include a full body toning, a strengthened core, and increased energy.



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