J FITNESS
alper jcc



INTERNATIONAL DAY OF YOGA

Friday, June 21, 2019 | 9AM - 1PM

Join us for a day of Yoga, music & more!

9:00am Restorative Yoga with Alex (1 hr) - Hot Yoga Studio
10:15am Special Vinyasa with Bianca (1.25 hr) - Hot Yoga Studio
12:00pm Silver Sneakers Yoga with Margie (50 min) - Group Exercise Room
11:45am Sweat Move Yoga (1 hr) with Tiffany - Hot Yoga Studio

HOT YOGA STUDIO HAS A LIMIT OF 35 PEOPLE, FIRST COME FIRST SERVE

BRING A FRIEND FOR FREE!
(friend must register at the front desk)

Contact J Fitness at 305.271.9000 x284 or visit alperjcc.org

DAVE AND MARY ALPER JEWISH COMMUNITY CENTER | 11155 SW 112 AVENUE, MIAMI 33176



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CLASS DESCRIPTIONS

RESTORATIVE YOGA: This flow requires no muscular exertion; all poses will either be seated or lying down. Each pose is held for several minutes and deeply supported by props – blankets, bolsters, and blocks. No yoga or meditation experience is needed and all levels are encouraged.

SPECIAL VINYASA: A rigorous and invigorating yoga practice that will challenge the student in body, mind and spirit. You will sweat, you will burn, and you will connect deeper to yourself. Vinyasa yoga is characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

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

SWEAT MOVE YOGA: This class is designed to leave your body feeling energized to release tension in the fascia, activate deep muscle engagement, and move with cardio intervals, power yoga flows, Pilates and barre. Fuel your mind, body and spirit with rhythmic beats. Redefining movement through yoga.

All classes are open to all levels, ages 16+

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