



Soft Room Studio Spring

ENGLEWOOD
Effective April 9, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	7:30am Tai-Chi Hasmig 1-2-3	Hatha Yoga Brenda 1-2	Vinyasa Yoga Kitty 1-2-3	Hatha Yoga Bridget 1-2	Vinyasa Yoga Brenda 1-2-3		
8:30am	Barre Blend* Nurit 1-2-3	Active Isolated Stretch LJ 1-2-3	Vinyasa Yoga Wanda 2-3	Barre Blend* Nurit 1-2-3	Barre Blend Shira 1-2-3	8:15am Iyengar Yoga (75 minutes) Jay 1-2-3	Barre Blend Shira 1-2-3
9:30am	Vinyasa Yoga Wanda 2-3	Pilates LJ 1-2-3	Barre Blend* Nurit 1-2-3	Active Isolated Stretch LJ 1-2-3	Anusara Inspired Yoga Montse 1-2	Yoga (75 minutes) Ulli 2-3	Yoga Katherine 1-2
10:30am	Pilates Maria J. 1-2-3	Vinyasa Yoga Lissette 2-3	Reiki Flow Brenda 1-2-3	Anusara Inspired Yoga Practice (90 minutes) Montse 2-3	Pilates Cheri 1-2-3	10:45am Vinyasa Yoga (90 minutes) Marla 1-2-3	Pilates* Nurit 1-2-3

The Gym, Englewood
20 Nordhoff Place
Englewood, NJ 07631
(201) 567-9399
www.GetToTheGym.com

Club Hours:
Monday - Thursday 5:00am-11:00pm
Friday 5:00am-10:00pm
Saturday 6:00am-6:00pm
Sunday 7:00am-5:00pm
Playroom Hours:
Monday - Sunday 8:00am - 1:30pm
Monday - Friday 4:00pm - 8:30pm
Class Levels:
Level 1-2 = Beginner
Level 1-2-3 = Intermediate
Level 2-3 = Advanced

5:30pm	Pilates Barbra 2-3	Hatha Yoga Sunny 1-2-3	Pilates Sunny 1-2-3	Barre Blend Shira 1-2-3	
6:30pm	Vinyasa Yoga Kitty 1-2-3	Pilates w/ Props Sunny 1-2-3	Vinyasa Yoga Jason Z. 1-2-3	Vinyasa Yoga (90 minutes) Sally 2-3	Restorative Yoga (90 minutes) Sally 1-2-3
7:30pm	Power Yoga Mina 1-2-3	Active Isolated Stretch LJ 1-2-3	Barre Blend Nurit 1-2-3		

Mind Body Fitness at The Gym

At The Gym, we believe in strengthening both the mind and body. For this reason, we've developed a schedule that enhances the mind-body connection. Our Eastern philosophy program consists of Yoga, Pilates, and Active-Isolated Stretch classes. Our instructors are highly trained professionals in their specific discipline. Our unique 'Soft Studio' consists of bamboo wood flooring and a domed ceiling that helps to create a more perfect environment for your progress. Your experience will be enhanced when exercising in the appropriate temperature and when using the proper equipment specific to each class. Yoga mats, Yoga blocks, Pilates rings, straps and blankets are all available.

YOGA All Yoga is Hatha Yoga; however, many different styles have emerged. The Yoga program at The Gym is designed to offer our members a variety of yoga styles. The class description below should assist members in choosing various classes. Every instructor is unique and is influenced by a blend of several yoga disciplines. We encourage participants to experience all classes and instructors.

Anusara Yoga: It is a style of yoga described as heart-oriented, spiritually inspiring, yet grounded in a deep knowledge of outer- and inner-body alignment. Each student's various abilities and limitations are deeply respected and honored.

Barre Blend: Modeled after the Lotte Berk Method this class fuses core conditioning with disciplines of Pilates and yoga to produce lean and flexible muscles using 2-3 lb dumbbells and a Ballet Barre. Integrate muscle shaping techniques of: isometrics, the elongating principles of dance conditioning /stretching, and the science of physical therapy to create a workout that quickly and safely reshapes your entire body.

Hatha Yoga: The traditional style of Yoga taught for thousands of years. This style of Yoga tends to hold postures longer. Emphasis is placed on breathing as well as body awareness. (Recommended Style for Beginners)

Iyengar Yoga: a form of Hatha yoga that focuses on the structural alignment of the physical body through the development of postures and poses.

Reiki Flow: This is a signature class that will give you 40 minutes of a fun and challenging power yoga sequence that will build and maintain a strong healthy body followed by 20 minutes of deep relaxation with reiki to relax your mind and empower your spirit. You will feel refreshed and invigorated after this hour of transformation.

Power Yoga: A vigorous vinyasa yoga class meant to physically and mentally challenges you. This practice can increase strength, endurance and ability to focus on any task for a long period of time with out breaking your concentration

Restorative Yoga: This class combines gentle yoga, deep stretches and restorative poses. In restorative yoga traditional postures are practiced using the support of props, allowing your body to completely release into the pose and experience deep openings. Each class includes a supported inversion which detoxifies organs, reverses the effects of gravity, and reduces stress hormones.

Tai Chi: Tai Chi is a slow moving meditation that emphasizes not only balance, breath control, and correct posture, but also visual and mental concentration. Tai chi helps to balance the body and clear the mind. Tai chi will leave you feeling energized and refreshed. Try something different.

Vinyasa Yoga: Poses are linked together in a flow-like style to build heat in the body naturally from the inside out. Emphasis is placed on flexibility, strength and coordination.

PILATES: Pilates can be a very effective method in helping to improve core strength, balance, flexibility and posture. Like Yoga, there are many unique training styles. Our Pilates program offers a wide range of instructors and allows you to choose a style most appropriate for your lifestyle.

Pilates w/ Props: This class will utilize foam rollers, bands, Pilates ring and ball to challenge participants.

Active-Isolated Stretch: a technique designed to increase your range of motion and help improve your flexibility and performance.

(* indicates that the class is a sign-up class. Participants must sign-up themselves only at the front desk on the day of the class.