



# Schedule of Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.	Rise and Shine Yoga Jessi					
9:30 a.m.					Rise and Shine Yoga Noa	🏠 Family Yoga Kristen/Courtney
10:30 a.m.		Back Care Yoga and Pilates Dr. Rubin		Back Care Yoga and Pilates Dr. Rubin		
11:00 a.m.						Power Vinyasa** Jade (90-min)
11:45 a.m.		Tai Chi Catherine				
3:30 p.m.		Yoga for Kids (Starting in March) Haris/Cassie		Yoga for Kids (Starting in March) Haris/Cassie		
5:45 p.m.	Pilates Catherine	Body Works Strength/Endurance Courtney	Pilates Catherine	Back Therapy Yoga* Jade	Fabulous Fridays 1 <sup>st</sup> /3 <sup>rd</sup> Fridays - Dance 2 <sup>nd</sup> Friday- Mini-Workshop 4 <sup>th</sup> Fri. - Thai Partner Yoga	
6:00 p.m.	🏠 Boot Camp/Yoga Kristen		🏠 Aqua Fit Kristen (45-min)			
7:00 p.m.	Gentle Yoga and Meditation* Nancy (75-min)	Hot Vinyasa** Jessi (90-min)		Hot Vinyasa** Ryan (90-min)		

\*Especially great for beginners and those who prefer a gentle and therapeutic practice.

\*\*Recommended for intermediate/advanced students or students in good condition with a strong desire to learn

🏠 **Outdoor** classes March 1- October 31- located at the Holiday Inn Sunspree Resort, 6800 Sunshine Skyway Lane, St. Petersburg, 33711

All classes are 60-Minutes in Length Unless Specified Otherwise. Most classes are conveniently located above the Rubin Health Center at:

1500 Dr. MLK Jr. Street North, St. Petersburg, FL 33704 Phone: 727-688-9597 E-Mail: [info@generationsyoga.com](mailto:info@generationsyoga.com)

## Don't See a Class that Interests You or Fits Your Schedule? Consider starting a small group or private lessons

You can book a **Small Group Class** with friends, family or colleagues and pay less than you would for a typical, scheduled class! Small group classes accommodate 2-10 people, and you can pick the class type, instructor, time, date(s) and location (advertised prices assume class is in our studio). If you are interested in starting a small group class, contact us at 727-688-9597.

**Personal Training/Private Lessons:** Perfect for those who are just starting to practice yoga, Pilates or group fitness classes and those who would like to advance more quickly and tailor training to their specific needs and interests. You can view instructor schedules and book online or contact us at 727-688-9597 or [info@generationsyoga.com](mailto:info@generationsyoga.com) more information.

Other Studio Offerings: Pilates Duet Sessions, Thai Yoga Massage, Nutritional Counseling, Energy Work and More!

Contact us or check our Web site at [www.generationsyoga.com](http://www.generationsyoga.com) for details.

## **Class Descriptions:**

**Back Care Yoga and Pilates** – A combination of basic yoga and Pilates postures and breathing techniques to help participants develop core strength and flexibility. Through this class, participants will learn techniques to keep their bodies strong and injury free.

**Back Therapy Yoga** – Yoga Therapy from a Viniyoga perspective implies differentiation, adaptation, and appropriate application. As a style of practice, Viniyoga refers to an approach to Yoga that adapts the various means and methods of practice to the unique condition, needs and interests of the individual. This class will focus on pain relief and strength for the low back, hips and sacrum as well as the upper back, neck and shoulders.

**Body Works Strength/Endurance** – Resistance and weight training for your lower and upper body that will leave you feeling strong and liberated. This class will use a combination of functional exercises with resistance and light weight to firm up, strengthen and stretch your muscle groups.

**Hot Vinyasa** - This moderately-paced Yoga flow class is done in a heated room to promote detoxification, flexibility, stamina, strength, calorie burning among other benefits. Participants are encouraged to hydrate well before and after class, and to wear comfortable light clothing in addition to bringing a mat and towels. The Thursday class will incorporate a few more advanced power/ashtanga postures.

**Pilates** – Concentrated core training based on Pilates principles. During this class you will work with small equipment such as bands, balls, rings, and weights while getting a very efficient and highly useful workout. Benefits of this class are developing a strong core, learning how to use core muscles to improve posture and performance, eliminating chronic back and neck pain, and building better body awareness.

**Power Vinyasa** – A class directed at creating energy and freedom in oneself. As we move through a series of poses, we emphasize on building strength and flexibility in the body. Each individual begins to discover their own power within. By challenging ourselves to go deeper, we learn to honor our temples by surrendering within.

**Gentle Yoga and Meditation** - Designed to promote stress relief, flexibility and relaxation. Participants will enjoy basic postures using the breath and meditation as a guide to a more balanced mind, body and spirit. This class is perfect for those who are experiencing the negative effects of stress in daily life.

**Rise and Shine Yoga** - An upbeat restorative practice to start the day. This class will combine breathing and meditation with postures that have modifications for those who need them and challenges for those who want them.

**Sunrise Flow** – A moderately paced Vinyasa flow class that will get you moving and provide you with the energy, strength and stamina you need for the day.

**Tai Chi** - A system of slow precise physical movement that can increase flexibility, increase energy, improve strength, reduce stress, and improve balance.

**Vinyasa Flow (Internal Heat)** – This class combines breath to movement in a continuous flow of postures creating heat from the inside out. This class builds strength and promotes deep stretching and detoxification.

**Yoga for Kids** - These classes will introduce kids to the fun of yoga while teaching them to channel their energy in constructive and positive ways. The kids will learn basic, age-appropriate yoga postures and fun games with a new progression every week to keep their attention. Recommended for ages 5-10.

### **Fabulous Fridays Classes:**

**Dance – Hip Hop (1<sup>st</sup> and 3<sup>rd</sup> Fridays)** - A combination of fun and functional fitness with dance instruction. Come get your groove on and wipe away the stress from the week. No experience necessary; wear comfortable shoes (sneakers are best!)

**Yoga Mini-Workshop (2<sup>nd</sup> Friday)** – Participants will focus on a few specific postures each month. The workshop will focus on perfecting alignment and technique, along with providing students with information about modifications and the benefits of each posture. Each workshop will also include a special guided meditation and relaxation session. Regular class pricing applies.

**Thai Partner Yoga (4<sup>th</sup> Friday)** - Come with a partner or come solo, for this fun, interactive and enlightening class. This class will focus students on giving and receiving, as students work through asanas and breathing techniques assisted by their partners. Working with a partner can greatly enhance your yoga experience, and is a wonderful and nourishing way to spend time with friends or family.

**\*NEW Crystal Bowl Meditative Experiences (3<sup>rd</sup> Sunday of each month at 5 p.m.)** - Join Ronald Hays for this ongoing meditative experience; an amazing journey for the Soul, Mind and Body. While you will be encouraged to recline and enjoy the enchanting sounds of the Bowls, you will also be challenged to go beneath the chatter of your mind into a meditative practice.