



# TIH WELLNESS CLASSES

## MONDAY

7:00 - 8:00am	HATHA YOGA	janine carey
5:00 - 6:30pm	STAFF YOGA	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING*	jimmy mackey
6:30 - 7:30pm	IYENGAR YOGA	mychal bryan

## TUESDAY

9:00 - 10:15am	IYENGAR YOGA	mychal bryan
6:00 - 7:00pm	YIN YOGA	janine carey <i>(sleeves required)</i>

## WEDNESDAY

7:00 - 8:00am	VINYASA FLOW	janine carey
5:00 - 6:30pm	STAFF YOGA	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING*	jimmy mackey
6:30 - 7:30pm	INYENGAR YOGA	mychal bryan

## THURSDAY

8:00 - 9:00am	BARRE	britni knowles
9:00 - 10:15am	IYENGAR YOGA	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING*	jimmy mackey
6:00 - 7:00pm	ANTIGRAVITY	janine carey

## FRIDAY

7:00 - 8:00am	POWER YOGA	janine carey
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## SATURDAY

8:00 - 9:00am	ANTIGRAVITY	janine carey <i>(sleeves required)</i>
9:30 - 10:30am	IYENGAR YOGA	mychal bryan

## SUNDAY

9:30 - 10:30am	YOGA MEDITATION	antonio weech
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\*takes place in gym



# TIH WELLNESS CLASS DESCRIPTIONS

## IYENGAR YOGA

A system of yoga in which you build strength, suppleness, and body-awareness through a sequence of yoga postures both dynamically and statically held. Our system emphasizes correct postural alignment to both challenge and heal the body, and concentrate the mind. You will learn how to intelligently move through your body in yoga and in daily life while creating a more toned and healthier version of yourself.

## ANTIGRAVITY YOGA

Antigravity is a comprehensive fitness technique on suspended hammocks designed to increase one's overall health and physical agility whilst having fun. This unique combination of exercises is intended to decompress the spine and align the body from head to toe while stretching and strengthening the muscles.

## BARRE PILATES

Barre is all about lengthening, toning and strengthening the body through small, controlled movements. The class is set to upbeat music motivating you through your entire body workout. Muscles are worked to fatigue through effective exercises, isometric holds and high repetition sets using light weights, resistance bands, pilates balls and of course the barre.

## HATHA YOGA

A classic form of yoga which is relatively gentle, slow and great for beginners or students who prefer a more relaxed style. The practice is a combination of asanas (yoga postures) and pranayama (breathing exercises), which helps bring peace to the mind and body.

## POWER YOGA

A fitness-based vinyasa practice which builds strength and heat in the body through poses that use your body weight and agility. The benefits are increased stamina, stress relief and flexibility.

## VINYASA FLOW

A class where movement is synchronized with breath thus creating a sequence that strengthens, releases and creates harmony between your actions and breath.

## YIN YOGA

A slow-paced passive style of yoga in which simple but effective poses are held for three to five minutes. The purpose is to apply moderate stress on the connective tissue - the tendons, fascia and ligaments - with the aim of increasing circulation in the joints and improving flexibility. The class is especially effective for those who do strenuous workouts or sit at their desks for long periods of time.

## YOGA MEDITATION

Start your Sunday with a restorative session which focuses on breath, release, alignment and meditation. Bring some peace to your weekends and lead your body back to itself before the start of the week.

## STRENGTH & CONDITIONING

Strength and Conditioning class is a fusion of weight lifting and athletic strength and conditioning. It's for all levels of fitness and sport.