

# Moonglow Yoga Fall Class Schedule!

Starts Tuesday, August 31, 2010!

Studio A is the first floor studio that holds all non-heated classes

Studio B is the second floor studio that holds hot yoga classes

New Schedule  
Starts Tuesday!  
Aug 31!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
<b>Day Classes</b>							
<b>Studio A</b>	6:30 am <b>Sunrise Yoga</b> Melanie 9:30 am <b>Pilates for Me</b> D'Anna	9:30 am <b>Vinyasa Flow</b> D'Anna	9:30 am <b>Pilates for Me</b> D'Anna	6:30 am <b>Sunrise Yoga</b> Melanie 9:30 am <b>Yoga with Weights</b> D'Anna	-	9:00 am <b>Vinyasa Flow</b> D'Anna	-
<b>Studio B-Hot</b>	-	9:30 am - <b>Hot Vinyasa</b> Melanie	-	-	-	9:00 am <b>Hot Yin Yoga</b> Melanie	-
<b>Evening Classes</b>							
<b>Studio A</b>	5:00 pm - <b>Gentle Stretch</b> Sue Stoker 7:00 pm <b>Pilates for Me</b> D'Anna	-	5:00 pm <b>Gentle Stretch</b> Sue Stoker	<i>New Time!</i> 6:00 pm <b>Gentle Fusion Yoga</b> D'Anna	-	-	-
<b>Studio B-Hot</b>	7:00 pm - <b>Hot Vinyasa</b> Melanie	6:00 pm <b>Hot Yoga w/Weights</b> Melanie	6:00 pm <b>Hot Vinyasa</b> Melanie	6:00 pm <b>Hot Vinyasa</b> Melanie	4:30 pm <b>Hot Vinyasa</b> Melanie	-	-

## Class Descriptions

**Sunrise Yoga** Wake up to this soft, gentle vinyasa flow class set to slow-paced music, and an 75 degree room. Focus on elongating muscle groups, relaxation and breathing. The class is great for people of all ages.

**Gentle Stretch** Soft movements and easy flow set to slow-paced music, and an 75 degree room. Focus on elongating muscle groups, relaxation and breathing. The class is great for people of all ages.

**Vinyasa Flow** An all-levels class linking movement and breath. Class begins seated with warm ups, then to standing series poses linked with sun salutations. Either Heated or Non-Heated classes available.

**Gentle Fusion Yoga** Learn the basics of yoga. Pose explanation, and hands-on adjustments. Class is non-heated. Weights are also introduced in class.

**Hot Yin Yoga** A slow and deep practice. This class will include slower sun salutations, and the static poses will be held for at least five breaths, up to twenty breaths. Each individual can make this class as challenging as you wish.

**Pilates for Me** A unique blend of Pilates and muscular endurance exercises. Traditional Pilates exercises are enhanced by utilizing the flex-band and lite dumbbells to build overall strength, promote healthier joint and spinal function, develop greater core utilization and improve coordination and flexibility. These choreographed standing and floor routines are set to music for flow and enjoyment of All Levels.

**Yoga with Weights** An all-levels class linking movement and breath. Light weight movements are added into class. Seated and standing series poses linked with sun salutations. Either Heated or Non-Heated classes available.

*For all classes, please check with your physician to make sure you are able to take a yoga class.*

*Most classes run from 60 to 75 minutes in length. Please make sure you can stay for the entire class.*

*Minimum two people for class to proceed. Classes subject to change based on attendance.*



534 West Otterman Street Greensburg PA 15601 (412) 551-1555 for more information or visit us on the web at [www.moonglowyoga.com](http://www.moonglowyoga.com)