

Yoga 4 Man Weekly Class Schedule

<u>Monday</u>	<u>Class Name</u>	<u>Location</u>	<u>Class Description</u>
6:30-7:00pm	<u>Pilates - Body Conditioning</u>	Liberty School Gym Santa Maria	<u>Pilates</u> is a class that is all core strength combined with flexibility. Feel stronger with movements that will incorporate functional fitness with low impact movements.
<u>Tuesday</u>			
12:15-1:00pm	<u>Gentle Yoga Flow</u>	Walnut Pier Health and Spa	<u>Gentle Yoga Flow</u> is a blend of gentle stretching and simple yoga postures that will build strength and balance. Perfect for new and returning students.
5:15-6:30pm	<u>Yoga Stretch & Strength</u>	Lompoc Community Center	<u>Yoga Stretch and Stretch</u> is a combination of postures that connect breathing with flowing Yoga postures to create strength and flexibility in the body.
7:15-8:15pm	<u>Yoga for Health and Fitness</u>	Minami Community Center	<u>Yoga Stretch</u> is a great blend of flowing Yoga postures that will build strength, increase flexibility and confidence. Great class for new and returning Yoga students.
<u>Wednesday</u>			
6:30-7:30pm	<u>Pilates - Body Conditioning</u>	Liberty School Gym Santa Maria	<u>Pilates</u> is a class that is all core strength combined with flexibility. Feel stronger with movements that will incorporate functional fitness with low impact movements.

<u>Thursday</u>			
12:15-1:00pm	<u>Gentle Yoga Flow</u>	Walnut Pier Health & Spa	<u>Gentle Yoga Flow</u> is a blend of gentle stretching and simple yoga postures that will build strength and balance. Perfect for new and returning students.
5:15-6:30pm	<u>Yoga Stretch & Strength</u>	Lompoc Community Center	<u>Yoga Stretch and Stretch</u> is a combination of postures that connect breathing with flowing Yoga postures to create strength and flexibility in the body.
7:15-8:15pm	<u>Yoga for Health and Fitness</u>	Minami Community Center	<u>Yoga Stretch</u> is a great blend of flowing Yoga postures that will build strength, increase flexibility and confidence. Great class for new and returning Yoga students.
<u>Friday</u>			
12:15-1:00pm	<u>Mat Pilates - Body Conditioning</u>	Walnut Pier Health & Spa	<u>Pilates</u> is a class that is all core strength combined with flexibility. Feel stronger with movements that will incorporate functional fitness with low impact movements.