

# PJCC Pilates & Yoga Schedule – February 2012



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|--|---|---|---|---|---|---|
| 9:15 - 10:10 am<br><b>Pilates Mat</b><br>Mary<br>Group Exercise Studio             | 8:00 - 9:15 am<br><b>Vinyasa Yoga Level 2</b><br>Lauren                               | 9:00 - 9:55 am<br><b>Pilates Reformer Level 2 (\$)</b><br>Rosalie ♦ Pilates Studio    | 6:00 - 6:55 am<br><b>Pilates Mat</b><br>Rosalie (S)<br>Group Exercise Studio            | 5:45 - 7:00 am<br><b>Vinyasa Yoga Level 1/2</b> Tina  | 7:00 - 7:55 am<br><b>Pilates Reformer Level 3 (\$)</b> Rosalie<br>Pilates Studio  | 7:45 - 8:55 am<br><b>Hatha Yoga Level 1/2</b><br>Tracey                             |
| 9:30 – 11:00 am<br><b>Vinyasa Yoga Level 2</b><br>Tracey                           | 8:00 - 8:55 am<br><b>Pilates Reformer Level 1 (\$)</b><br>Michele<br>Pilates Studio   | 9:15 - 10:10 am<br><b>Pilates Mat</b><br>Mary Group Exercise Studio                   | 8:00 - 9:15 am<br><b>Vinyasa Yoga Level 2</b><br>Lauren                                 | 9:30 - 10:25 am<br><b>Pilates Mat</b><br>Monique<br>Group Exercise Studio   | 8:05 - 9:00 am<br><b>Pilates Mat</b><br>Rosalie   | 8:00 - 8:55 am<br><b>Pilates Mat</b><br>Rosalie<br>Group Exercise Studio            |
| 10:00 - 10:55 am<br><b>Pilates Reformer Level 2 (\$)</b><br>Pam<br>Pilates Studio  | 9:30 - 10:45 am<br><b>Vinyasa Yoga Level 1 **</b><br>Lauren<br>(Number Card Required) | 9:30 - 11:00 am<br><b>Vinyasa Yoga Level 2</b><br>Tracey                              | 8:30 - 9:25 am<br><b>Pilates Reformer Level 1 (\$)</b><br>Sarah                         | 9:30 - 11:00 am<br><b>Vinyasa Yoga Level 2</b><br>Tracey  | 9:05 - 10:30 am<br><b>Vinyasa Yoga Level 2**</b><br>Lauren<br>(Number Card Required)  | 9:00 - 10:25 am<br><b>Restorative Yoga (S)</b><br>Nicole / Carol                    |
| 11:00 am – 11:55 am<br><b>Beg. Pilates Mat</b><br>Pam<br>Group Exercise Studio (S) | 11:15 am - 12:45 pm<br><b>Restorative Yoga**</b><br>Nicole<br>(Number Card Required)  | 10:00 - 10:55 am<br><b>Pilates Reformer Level 2 (\$)</b><br>Rosalie<br>Pilates Studio | 9:30 - 10:45 am<br><b>Vinyasa Yoga Level 1**</b><br>Lauren<br>(Number Card Required)    | 10:30 - 11:25 am<br><b>Pilates Reformer Level 1 (\$)</b><br>Monique<br>Pilates Studio   | 9:30 -10:25 am<br><b>Pilates Reformer Level 1 (\$)</b><br>Monique<br>Pilates Studio   | 9:00 - 9:55 am<br><b>Pilates Reformer Level 2 (\$)</b><br>Rosalie<br>Pilates Studio |
| 1:30 – 2:45 pm<br><b>Restorative Yoga</b><br>Nicole                                | 6:00 - 6:55 pm<br><b>Pilates Reformer Level 1/2 (\$)</b><br>Monique<br>Pilates Studio | 11:00 am – 11:55 am<br><b>Beg. Pilates Mat</b><br>Pam<br>Group Exercise Studio (S)    | 10:00 - 10:55 am<br><b>Pilates Reformer Level 1/2 (\$)</b><br>Rosalie<br>Pilates Studio | 11:15 am - 12:45 pm<br><b>Restorative Yoga**</b><br>Nicole<br>(Number Card Required)  | 10:30-11:25 am<br><b>Pilates Reformer Trial Class</b><br>Monique<br>Pilates Studio  | 10:30 – 11:45 am<br><b>Hatha Yoga Level 1/2</b><br>Nicole / Carol                   |
| 4:00 - 4:55 pm<br><b>Kids' Yoga</b><br>Kristi / My                                 | 6:00 - 7:25 pm<br><b>Vinyasa Yoga Level 1/2</b><br>Eileen                             | 11:30 am - 12:30 pm<br><b>Gentle Yoga</b><br>Debbie (S)                               | 12:00 - 1:15 pm<br><b>Back Care Yoga</b><br>Diane (S)                                   | 1:00 - 1:55 pm<br><b>Pilates Reformer Level 1/2 (\$)</b><br>Monique<br>Pilates Studio   | 10:35 am -12:05 pm<br><b>Vinyasa Yoga Level 2-3</b><br>Sue  | 1:00 - 2:00 pm<br><b>Movement and Meditation</b><br>Debbie (S)                      |
| 6:00 - 6:55 pm<br><b>Core Fusion</b><br>Jacqueline                                 | 7:00 - 7:55 pm<br><b>Pilates Reformer Level 2/3 (\$)</b><br>Monique<br>Pilates Studio | 12:00 - 12:55 pm<br><b>Pilates Reformer Level 1 (\$)</b> Pam<br>Pilates Studio        | 1:30 - 2:30 pm<br><b>Intro to Meditation</b><br>Rabbi Lavey Derby Board Room            | 1:30 – 2:45 pm<br><b>Healing Yoga for Cancer Patients</b><br>Serena   | 11:30 am - 12:25 pm<br><b>Pilates Reformer Level 1/2 (\$)</b><br>Monique<br>Pilates Studio  | 4:00 - 5:15 pm<br><b>Beginning Yoga Series (S)</b> My<br>Registration Required      |
| 7:00 - 7:55 pm<br><b>Men's Pilates (\$)</b><br>Sylvia<br>Pilates Studio            | 7:30 - 9:00 pm<br><b>Hatha Yoga Level 1/2</b><br>Nicole                               | 5:30 - 6:25 pm<br><b>Core Fusion</b><br>Jacqueline                                    | 6:00 - 6:55 pm<br><b>Pilates Reformer Level 1/2 (\$)</b><br>Monique<br>Pilates Studio   | 3:30 – 4:25 pm<br><b>Kid's Yoga &amp; Fitness Fridays</b><br>Kristi / My  |   | 5:30 – 6:45 pm<br><b>Beginning Yoga Series (S)</b> My<br>Registration Required      |
| 7:00 - 8:15 pm<br><b>Vinyasa Yoga Level 2</b><br>Eileen                            |   | 6:00 - 6:55 pm<br><b>Pilates Reformer Level 1/2 (\$)</b><br>Monique<br>Pilates Studio | 6:00 - 7:15 pm<br><b>Vinyasa Yoga Level 1 / 2</b><br>Eileen                             | 6:00 - 7:00 pm<br><b>Hatha Yoga All Levels</b><br>Walter<br><b>New Class!</b>   | <b>NEW YOGA CLASS PROCEDURE:</b><br>Due to the popularity of classes marked by two asterisks (**), students are asked to please <b>pick up a Number Card at the Welcome Desk up to 30-minutes prior to attending class.</b> Class size is limited. Once class begins, it is closed to additional students. One card per person. |   |
|  |   | 6:30 - 7:40 pm<br><b>Vinyasa Yoga Level 1/2</b><br>Karen                              | 7:00 - 7:55 pm<br><b>Pilates Reformer Level 1 (\$)</b><br>Monique<br>Pilates Studio     |   |   |   |
|  |   | 7:00 - 7:55 pm<br><b>Pilates Reformer Level 1/2 (\$)</b><br>Sylvia ♦ Pilates Studio   | 7:30 – 8:45 pm<br><b>Hatha Yoga All Levels</b><br>Gloria                                |   |   |   |
|  |   | 7:30 - 8:25 pm<br><b>Pilates Mat</b><br>Alyssa<br>Group Exercise Studio               |   | <b>SPECIAL CLASSES:</b><br>• Saturday, Feb. 4- <b>Feldenkrais Specialty Class</b> , 12:00 – 1:15 pm<br>• Saturday, Feb. 11- <b>Beginning Tai Chi Workshop(\$)</b> 1:00-3:00 pm<br>• Friday, Feb. 24- <b>Spinning Goes to Hollywood</b> 6:30-7:30 pm |   |   |
|  |   | 7:45 - 9:00 pm<br><b>Active/Restorative Yoga Blend</b><br>Serena (S)                  |   |   |   |   |

**All Classes in Yoga Studio unless otherwise noted.** \*\*Due to the popularity of these classes, students are asked to pick up a number to attend class at the Welcome Center up to 30-minutes before class begins. Numbers will be given out until they are all gone or until the start of the class. (S) = Stay Fit for Life • \$ = Fee based class; registration required. Yoga Studio = upstairs / Group Exercise Studio = downstairs / Pilates Studio located in Koret Learning Center. Free Pilates Reformer Trial for Center Members. See the Welcome Desk to sign up. Schedule subject to change. To receive a weekly email with Group Exercise Updates, email [mmandell@pjcc.org](mailto:mmandell@pjcc.org). For more information, contact Group Exercise & Pilates Manager Michele Mandell, at [mmandell@pjcc.org](mailto:mmandell@pjcc.org) or 650.378.2771.

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## REFORMER CLASS & PRIVATE PILATES TRAINING PRICES

- Reformer sessions are four consecutive weeks and one-time per week: \$100 Members / \$140 Public
- Reformer sessions two-times per week for 4 consecutive weeks: \$190 Members (\$10 savings)
- Reformer sessions three-times per week for 4 consecutive weeks: \$275 Members (\$25 savings)
- Pilates Reformer Drop-In Prices: \$30 Members / \$40 Public
- Jumpboard classes (one-time per week): \$60 Members for four consecutive weeks and one-time per week

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## YOGA & PILATES CLASS DESCRIPTIONS

**Active/Restorative Yoga Blend** - This class will combine an active practice with a more restorative practice. Strengthen the body with challenging postures in the first part of class, and then relax and de-stress with a mellow second half of class. *Appropriate for all levels of fitness.*

**Back Care Yoga** – This class is designed to reduce discomfort and tension by creating proper alignment in the spine and strengthening the muscles of the back. *Appropriate for all levels of fitness.*

**Beg. Pilates Mat** – This class introduces the fundamentals and basic principles of Pilates. Explore this system of training as a new way to gain core strength, flexibility and improve posture. *Appropriate for participants new to Pilates, someone who wishes to work a little slower or who requires a better understanding of the fundamentals.*

**Beginning Yoga** – If you are new to yoga and intimidated to take a class, this class is perfect for you. Our caring instructors will teach you the yoga basics each week. You will be surprised how quickly you improve your yoga practice in this class.

**Core Fusion** - This class combines pilates, yoga and dance to work the core muscles and increase flexibility. *Appropriate for all levels of fitness.*

**Gentle Yoga** – This class incorporates asanas, "poses" into a calm and meditative practice. Suited for those desiring or in need of a slower, less intense approach to the yoga practice. *Appropriate for all levels of fitness.*

**Hatha Yoga** – A multi-disciplinary approach to yoga which incorporates techniques and methods from a variety of styles. Hatha yoga balances "ha" or sun/stimulating energy with "tha" or moon/calming energy. Hatha also refers to any practice of postures and therefore, all styles of yoga offered are a form of Hatha yoga practice. *Appropriate for all levels of fitness unless listed as Level 2 or above. Level 2 or above classes require yoga experience.*

**Healing Yoga for Cancer Patients**– This class is designed specially for those in cancer treatment, cancer survivors and their care takers. Class includes gentle yoga poses, breathing exercises and meditation.

**Introduction to Meditation**-Meditation is an effective technique for stress reduction that helps bring balance and create inner peace. Learn simple and basic meditation techniques for physical, emotional and mental well being.

**Kids' Yoga** - Strength and flexibility exercises coupled with yoga-based games help kids discover the many benefits of yoga. *Grades 3-5 on Mondays and K-2 on Fridays. Registration is required at the Welcome Center*

**Pilates Mat** – An all levels class to further challenge participants' training in balance and core stability. *Appropriate for all levels.*

**Restorative Yoga** - Restorative Yoga promotes deep relaxation of the body and mind. Postures are done in a supported manner with

props to minimize strain and maximize opening. This class is also oriented toward focused breathing and meditation. *Appropriate for all levels of fitness.*

**Vinyasa Yoga** - Vinyasa means "movement linked to breath." Vinyasa flow is a challenging and invigorating practice which develops strength and flexibility. Linking the movement from pose to pose with the breath builds internal heat, which creates purification in the body and peace in the mind. *appropriate for all levels of fitness. Level 2 classes require some yoga experience.*

## PILATES REFORMER CLASSES

Pilates Reformer classes are for those who want to improve how they look and feel. Pilates Reformer helps you do everything in your life better, whether playing golf or playing with your children. *Reformer classes are appropriate for those without current injuries.* Free Complimentary Pilates Reformer Trial classes are provided for first-time students; contact [pilates@pjcc.org](mailto:pilates@pjcc.org). For private or duo reformer training contact Group Exercise & Pilates Manager Michele Mandell at [mmandell@pjcc.org](mailto:mmandell@pjcc.org) or 650.378.2771 *Note: All times on the schedule are proposed times; three people must pre-register for a session in order for a class time to occur that month.*

## PILATES REFORMER CLASS LEVELS

- Level 1 = New & Beginning Students, and those who need to work a little slower or want to work on their technique
- Level 2 = Advanced beginning to Intermediate Students
- Level 3 = Intermediate to Advanced Students. You must be assessed by the Pilates staff before you can join a Level 3 class

**Prenatal Pilates** - (\$) Is a non impact routine designed to help pregnant women stay strong for delivery. Special equipment and work on the reformer is used to give pregnant women a safe and effective workout. Women who are not current Pilates students must do private prenatal sessions with a qualified instructor before joining a Prenatal Pilates Class. Pre-registration of three individuals is required for each Prenatal Pilates group session.

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## ALL STUDENTS PLEASE REMEMBER

- Be on time!
- Do not enter the yoga studio while class is in session.
- Upon the instructor's discretion, there can be a five to ten minute grace period for late admittance.
- Yoga - Bring your own mat, and please remove your shoes before entering the Yoga Studio.
- For your convenience BAC desk sells mats.

## REQUIRED FOR CERTAIN YOGA CLASSES

Due to the popularity of classes marked by two asterisks (\*\*), students are asked to please pick up a Number Card at the Welcome Desk up to 30-minutes prior to attending class. Once class begins, it is closed to additional students. No students will be allowed to enter class late. Thank you!