

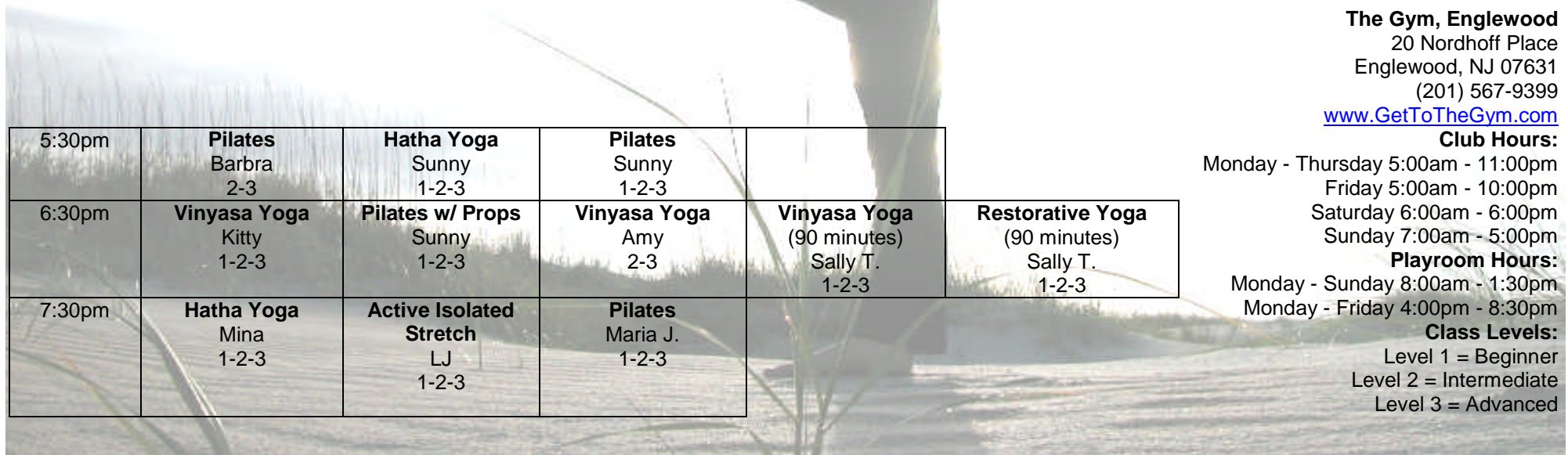


Soft Room Studio Summer

ENGLEWOOD

Effective July 5, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am Tai-Chi Hasmig 1-2-3		6:30am Vinyasa Yoga Bridget 1-2-3		6:30am Vinyasa Yoga Bridget 1-2-3		
8:30am	Pilates Nurit 1-2-3	Active Isolated Stretch LJ 1-2-3	Pilates/Yoga Fusion Catherine 2-3	8:15am Hatha Yoga (75 minutes) Bridget 1-2-3	Pilates Elizabeth 2-3	8:15am Iyengar Yoga (75 minutes) Jay 1-2-3	8:15am Vinyasa Yoga (75 minutes) Christie 1-2-3
9:30am	Vinyasa Yoga Wanda 2-3	Pilates LJ 1-2-3	Vinyasa Yoga Mandy 1-2-3	Active Isolated Stretch LJ 1-2-3	Anusara Yoga Montse 1-2	Yoga Intro Ulli 1-2	Yoga Annie 1-2
10:30am	Pilates Maria J. 1-2-3	Vinyasa Yoga Kitty B. 2-3	Pilates Mandy 1-2-3	Anusara Yoga (75 minutes) Montse 1-2-3	Pilates Lisa 1-2-3	Vinyasa Yoga (90 minutes) Marla 2-3	Pilates Nurit 1-2-3



5:30pm	Pilates Barbra 2-3	Hatha Yoga Sunny 1-2-3	Pilates Sunny 1-2-3		
6:30pm	Vinyasa Yoga Kitty 1-2-3	Pilates w/ Props Sunny 1-2-3	Vinyasa Yoga Amy 2-3	Vinyasa Yoga (90 minutes) Sally T. 1-2-3	Restorative Yoga (90 minutes) Sally T. 1-2-3
7:30pm	Hatha Yoga Mina 1-2-3	Active Isolated Stretch LJ 1-2-3	Pilates Maria J. 1-2-3		

The Gym, Englewood
20 Nordhoff Place
Englewood, NJ 07631
(201) 567-9399

www.GetToTheGym.com

Club Hours:

Monday - Thursday 5:00am - 11:00pm
Friday 5:00am - 10:00pm
Saturday 6:00am - 6:00pm
Sunday 7:00am - 5:00pm

Playroom Hours:

Monday - Sunday 8:00am - 1:30pm
Monday - Friday 4:00pm - 8:30pm

Class Levels:

Level 1 = Beginner
Level 2 = Intermediate
Level 3 = Advanced

Mind Body Fitness at The Gym

At The Gym, we believe in strengthening both the mind and body. For this reason, we've developed a schedule that enhances the mind-body connection. Our Eastern philosophy program consists of Yoga, Pilates, Meditation and Active-Isolated Stretch classes. Our instructors are highly trained professionals in their specific discipline. Our unique 'Soft Studio' consists of bamboo wood flooring and a domed ceiling that helps to create a more perfect environment for your progress. Your experience will be enhanced when exercising in the appropriate temperature and when using the proper equipment specific to each class. Yoga mats, Yoga blocks, Pilates rings, straps and blankets are all available.

YOGA All Yoga is Hatha Yoga; however, many different styles have emerged. The Yoga program at The Gym is designed to offer our members a variety of yoga styles. The class description below should assist members in choosing various classes. Every instructor is unique and is influenced by a blend of several yoga disciplines. We encourage participants to experience all classes and instructors.

Hatha Yoga: The traditional style of Yoga taught for thousands of years. This style of Yoga tends to hold postures longer. Emphasis is placed on breathing as well as body awareness. (Recommended Style for Beginners)

Iyengar Yoga: a form of Hatha yoga that focuses on the structural alignment of the physical body through the development of postures and poses.

Vinyasa Yoga: Poses are linked together in a flow-like style to build heat in the body naturally from the inside out. Emphasis is placed on flexibility, strength and coordination.

Restorative Yoga: This class combines gentle yoga, deep stretches and restorative poses. In restorative yoga traditional postures are practiced using the support of props, allowing your body to completely release into the pose and experience deep openings. Each class includes a supported inversion which detoxifies organs, reverses the effects of gravity, and reduces stress hormones.

Ashtanga Yoga: A vigorous vinyasa yoga class meant to physically and mentally challenges you. This practice can increase strength, endurance and ability to focus on any task for a long period of time with out breaking your concentration.

Anusara Yoga: It is a style of yoga described as heart-oriented, spiritually inspiring, yet grounded in a deep knowledge of outer- and inner-body alignment. Each student's various abilities and limitations are deeply respected and honored.

Gentle Yoga: Utilizes restorative yoga postures that are designed to be gentle but effective in opening the subtle energies of the body. The postures are released in slow motion which results in a sense of deep relaxation, connection and peace. A guided Savasana or deep relaxation at the end of class will allow the release of all remaining tension and take you to that place of being fully alive and aware of yourself.

Tai Chi: Tai Chi is a slow moving meditation that emphasizes not only balance, breath control, and correct posture, but also visual and mental concentration. Tai chi helps to balance the body and clear the mind. Tai chi will leave you feeling energized and refreshed. Try something different.

PILATES: Pilates can be a very effective method in helping to improve core strength, balance, flexibility and posture. Like Yoga, there are many unique training styles. Our Pilates program offers a wide range of instructors and allows you to choose a style most appropriate for your lifestyle.

Pilates w/ Props: This class will utilize foam rollers, bands, Pilates ring and ball to challenge participants.

Active-Isolated Stretch: a technique designed to increase your range of motion and help improve your flexibility and performance.