

WELLNESS TO THE CORE

Starting July 10th

July Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|---|--|
| | 9 am 'Piyo Fusion' 45 mins At the Amphitheater | 9 am Morning Lake Yoga (Donation Based) | 9 am CORE FIT 45 mins At the Amphitheater | 9 am Core Power 45 mins At the Studio | 9am Morning Lake Yoga (Donation Based) | Go to wtcore.com for more info & to register for classes or follow us of Facebook for the latest updates! |
| 10am Monday Morning Stretch At the Amphitheater | 10am Mixed Yoga At the Amphitheater | | 10am Safe & Sound At the Amphitheater | 10am Mixed Yoga At the Amphitheater | July 11th *9 am Mixed Aerial Yoga \$10 drop in <i>Must pre-register</i> | |
| | 1:30pm Chair Yoga (Donation Based) | | | Watch for possible Pop Up Yoga too! | | Events Saturday, July 25th 9am - 11-ish am Yoga on the Docks At Boardwalk Grill \$20 Must preregister |
| | 4 pm Vinyasa Fun Flow Lake Yoga (Intermediate Level) (Donation Based) | | 4 pm HaPpY Hour Lake Yoga (Donation Based) | | **Please watch Facebook for Lake Yoga Updates If weather is not good due to rain, lightening or high winds. Cancellation notice will be posted there | *Wednesday August 12th 6:30 pm - 8:30 pm UnWINEd into Yoga Yoga, Wine Tasting & Charcuterie At Brew Nation \$20 Must preregister |
| 6:15 pm Hot Yoga At the Studio | | 5:30 pm Unwind Lake Yoga | 5:30pm Hatha Yoga At the Amphitheater | | | |

Specific colors indicate specific teacher

Angel
Margie

Barb
Carla

Amber
Erynn

Clayton

WELLNESS TO THE CORE

BEGINNERS

Monday Morning Stretch- Wake up easy and get moving in this All Levels flow class that will guarantee that you are ready to face the day with a smile. Breath and movement merge to stretch the body and awaken the mind in a perfect mix of light workout and deep stretch. A good morning begins a great day!

Chair Yoga (Donation Based) - Chair yoga is a unique style of yoga that adapts traditional yoga positions and poses through creative use of a chair. We will practice the fundamentals of yoga, including meditation, mindful breathing and a series of seated and standing yoga poses. This class is ideal for everyone, including...Beginners, Seniors, Larger bodies, Stiff bodies. Anyone who suffers with wrist pain, knee pain, back pain, etc, in traditional yoga classes. Anyone with physical limitations who would like to learn to adapt yoga poses to meet their needs. Anyone who wants to learn to do yoga poses while seated in a chair Or if you are looking for a kinder, gentler, yoga practice where you can be free to feel and move your body, without judgment.

Safe & Sound Yoga-A gentle, yet energizing Hatha yoga class that focuses on dynamic breathing, stretching & releasing postures for specific areas of the body such as neck and lower back. The emphasis is on taking time out for yourself and improving well being. This class is appropriate for students from beginner to experienced. Come create your own practice for your inner self!

Hatha Yoga - Suitable for all levels. Hatha is an alignment-oriented practice that emphasizes the forms and actions within yoga postures. ... This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body.

Mixed Yoga- A mixed level class good for beginners and intermediate students alike. Students will find a mix of yoga approaches and will practice breath work, postures, movement and meditation. Classes include least one restorative pose.

Core and Stability

Piyo-Fusion -A fusion of Yoga and Pilates: Achieve optimal strength, flexibility and endurance; without risking injury or building bulk. With a focus on core stability, patterned breathing & neutral alignment to restore natural curves in the spine, and relieve tension to revitalize the mind & body. 45 Mins.

Core Fit- A great workout for the entire torso, challenging exercises will target the lower and upper abdominals, oblique's, back, and hip flexors. This powerful workout for the "powerhouse" of your body is only 45- minutes. *Modifications for beginners will be provided.*

Core Power-A combination of core based movements. This class is designed to maximize the benefits of a well rounded, whole body, abs and back workout utilizing a variety of equipment such as Stability Ball, JC Resist Power Bands. Suitable for all levels. 45 mins.

BEGINNERS to INTERMEDIATE

ALL LAKE YOGA - are located at the Amphitheater on Lake Shore Dr.
(Depending on weather conditions)

By getting out of the studio and into nature (weather permitting), you can experience yoga as it was originally intended and awaken your body, mind and spirit... This class is for beginners to advanced students. Modifications on poses are offered for varying levels. So bring your mat, a hand towel, extra props like a blanket, blocks or strap and some water...and salute the sun!

These classes are all donation based.

(Does not come with Studio packages)

If inclement weather at the lake and we need to cancel or change locations to the studio, please watch Facebook or text the teacher, to confirm the class.

Intermediate to Advanced

HOT YOGA- Hot Yoga is a form of Hatha yoga performed in a heated room 95-103. Beginning with a breathing exercise to warm up, progressing through asana (postures) or sequence of poses and finishing with a toxin-eliminating breathing. Please bring your own Mat, Beach & hand towel plus water!

Aerial Yoga

Mixed Aerial Yoga (60 min) 2 Saturdays a month - Aerial Yoga combines traditional mat yoga with postures suspended in soft fabric hammocks. With the help of gravity and the hammocks, we can playfully explore floating, fluid movements and unique variations of standard yoga poses. This class will be designed to meet your needs, strength the body, Mind and Spirit. Check out Aerial Etiquette before attending! **\$10 drop in 15 and up**

More on the next page...

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More Classes offered upon request or in the Fall at the studio

For Mommies -(Upon request)

Prenatal and Postnatal Yoga- A wonderful opportunity for you to take time to connect with the changes in your body and connect with your baby. In our classes you will build strength, increase flexibility, and work with your breath whether you are preparing for or have recently experienced childbirth and motherhood. Yoga postures during pregnancy will strengthen the uterus and pelvic muscles, improve circulation, aid digestion, exercise the spinal column, relieve fatigue and tension and revitalize the internal organs. Yoga can also alleviate many of the common discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica. Breathing practice during pregnancy opens the chest and helps to improve circulation in both mother and baby. It also calms the nerves and gives the mother greater control of her breathing during labor.

****Aerial Yoga for Beginners-** In this introduction to Aerial Yoga we will begin to familiarize students with using the yoga hammock, gain confidence on how to get into poses safely and build the trust needed to create roots for an aerial yoga practice. No prior Aerial experience necessary-this class is designed for all levels of fitness and flexibility-Ages 14 years and up. This class begins with centering, warm-up, posture focus, core and upper body work, inversions and Savasana— all with the assistance of your swing. Bring an open mind, open heart and believe in your ability to fly! *Check out Aerial Etiquette before attending!*
\$10 Drop in

Special Offerings- FREE

Free Drumming Circle-A drum circle is a fun, exciting and powerful way to bring individuals together through music. We promote a safe, stress free and entertaining environment to empower participants. Some studies indeed show that drumming accelerates physical healing, boosts the immune system, produces feelings of well being and even has a calming effect on people suffering from Autism, Alzheimer's and various traumatic experiences. Bring your own drum (if you have one) and come learn & drum with us. 5mins-1hr. (only a few drums available to borrow, no experience necessary)

Last Thursday of the month at 7pm

ASK ABOUT OUR PRIVATE CLASSES & YOGA PARTIES

*****Please register online*****

Or contact 419-733-3066 by text or call to ensure there is a class and/or enough room. If you are not a regular student.

210 W. Market St. Celina, OH

419-733-3066 www.wttcore.com or contact **angel@wttcore.com** for more questions.

***Please consult your physician before beginning classes
or any other exercise program***

(Unless indicated all classes are approx. 1 hour)

Classes are subject to change based on class attendance & student request!!