



# March 2010

## MIND & BODY SCHEDULE

PEAK Hours of Operation:

M-F 5 am - 10 pm

Sat. and Sun. 7 am - 8 pm

(406) 251-3344

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7:00-Yoga 4 Everyone/Maer 8:00-Pilates/Pam 10:30-Beginner Yoga/Sara 12:00-Gentle Yoga/Sara 6:30-Flow Yoga/Marie	2 6:00-Flow Yoga/Maer 8:00-Pilates/Maer 9:00-Pilates/Kathy 10:30-Hatha Yoga/Jacque 12:00-Stott Pilates/Kate 6:30-Pilates/Marie	3 5:30Yoga/Dawn 7:00-Hatha Yoga/Jacque 8:00-Stott Pilates/Kate 10:30-Beg./Veronica 12:00-Power Yoga/Veronica 6:30-Power Yoga/Veronica	4 6:00-Flow Yoga/Maer 9:00-Pilates/Maer 10:00-GY/Jacque	5 6:00-Hatha Yoga/Jacque 8:00-Pilates & Pump/Pam 10:30-Beg. Yoga/Veronica 12:00-Power Yoga/Veronica	6 9:00TBW Instructors Rotation 10:00-Yoga Instructors Rotation
<b>New Class!!</b> <b>1:30 Intro to Chakras</b> <b>2pm Yoga/Maer</b>	7 7:00-Yoga 4 Everyone/Maer 8:00-Pilates/Pam 10:30-Beginner Yoga/Sara 12:00-Gentle Yoga/Sara 6:30-Flow Yoga/Marie	8 6:00-Flow Yoga/Maer 8:00-Pilates/Maer 9:00-Pilates/Kathy 10:30-Hatha Yoga/Jacque 12:00-Stott Pilates/Kate 6:30-Pilates/Marie	9 5:30Yoga/Dawn 7:00-Hatha Yoga/Jacque 8:00-Stott Pilates/Kate 10:30-Beg. Yoga/Veronica 12:00-Power Yoga/Veronica 6:30-Power Yoga/Veronica	10 6:00-Yoga/Maer 9:00-Pilates/Maer 10:00-GY/Jacque	11 6:00-Hatha Yoga/Jacque 8:00-Pilates & Pump/Pam 10:30-Beg./Veronica 12:00-Power Yoga/Veronica	12 9:00Pilates Instructors Rotation 10:00-Yoga Instructors Rotation
<b>Valentines Day!</b> <b>1:30 Intro to Chakras</b> <b>2pm Yoga/Maer</b>	14 7:00-Yoga 4 Everyone/Maer 8:00-Pilates/Pam 10:30-Beginner Yoga/Sara 12:00-Gentle Yoga/Sara 6:30-Flow Yoga/Marie	15 6:00-Flow Yoga/Maer 8:00-Pilates/Maer 9:00-Pilates/Kathy 10:30-Hatha Yoga/Jacque 12:00-Stott Pilates/Kate 6:30-Pilates/Marie	16 5:30Yoga/Dawn 7:00-Hatha Yoga/Jacque 8:00-Stott Pilates/Kate 10:30-Beg. Yoga/Veronica 12:00-Power Yoga/Veronica 6:30-Power Yoga/Veronica	17 6:00-Yoga/Maer 9:00-Pilates/Maer 10:00-GY/Jacque	18 6:00-Hatha Yoga/Jacque 8:00-Pilates & Pump/Pam 10:30-Beg./Veronica 12:00-Power Yoga/Veronica	19 9:00TBW Instructors Rotation 10:00-Yoga Instructors Rotation
<b>New Class!!</b> <b>1:30 Intro to Chakras</b> <b>2pm Yoga/Maer</b>	21 7:00-Yoga 4 Everyone/Maer 8:00-Pilates/Pam 10:30-Beginner Yoga/Sara 12:00-Gentle Yoga/Sara 6:30-Flow Yoga/Marie	22 6:00-Flow Yoga/Maer 8:00-Pilates/Maer 9:00-Pilates/Kathy 10:30-Hatha Yoga/Jacque 12:00-Stott Pilates/Kate 6:30-Pilates/Marie	23 5:30Yoga/Dawn 7:00-Hatha Yoga/Jacque 8:00-Stott Pilates/Kate 10:30-Beg. Yoga/Veronica 12:00-Power Yoga/Veronica 6:30-Power Yoga/Veronica	24 6:00-Yoga/Maer 9:00-Pilates/Maer 10:00-GY/Jacque	25 6:00-Hatha Yoga/Jacque 8:00-Pilates & Pump/Pam 10:30-Beg./Veronica 12:00-Power Yoga/Veronica	26 9:00Pilates Instructors Rotation 10:00-Yoga Instructors Rotation
<b>New Class!!</b> <b>1:30 Intro to Chakras</b> <b>2pm Yoga/Maer</b>	28 7:00-Yoga 4 Everyone/Maer 8:00-Pilates/Pam 10:30-Beginner Yoga/Sara 12:00-Gentle Yoga/Sara 6:30-Flow Yoga/Marie	29 6:00-Flow Yoga/Maer 8:00-Pilates/Maer 9:00-Pilates/Kathy 10:30-Hatha Yoga/Jacque 12:00-Stott Pilates/Kate 6:30-Pilates/Marie	30 5:30Yoga/Dawn 7:00-Hatha Yoga/Jacque 8:00-Stott Pilates/Kate 10:30-Beg. Yoga/Veronica 12:00-Power Yoga/Veronica 6:30-Power Yoga/Veronica	31	<p><b>Pilates @9am on Tuesday is back!!</b> <b>Please welcome Kathy</b></p>	

# MIND & BODY CLASS DESCRIPTIONS

**Yoga**, meaning "Union", is an ancient practice created to bring harmony between oneself and one's environment. We can balance our mind, body, and spirit through exercise, breathing, and meditation.. We can develop keener focus, help relieve chronic health issues, and attain peace of mind.

**Beginner Yoga (GY)** Offers a gentle series of exercises, performed in a slow and controlled way, which will bring you greater strength, flexibility, and balance. A great class if you are just starting out, want to focus on alignment, or just work at a slower pace.

**Gentle Yoga** is for the young at heart. It is specially designed for the older and wiser. This class will increase strength, flexibility and balance leading to greater health. Also wonderful when recovering from injuries.

Yoga for Everyone enables all body types, skill levels, and personalities to practice yoga. It is a more personalized approach to relieving pain, improving flexibility, enhancing strength, and developing the ability to relax. Most of the class will be done on the floor with a few balancing postures.

**Flow Yoga-** In the Vinyasa Style of yoga, we link postures with breath, helping to build mental focus, clarity, determination, and patience.

**Hatha Yoga** The emphasis is on correct alignment, balance, flexibility and strength. It will also help in recovery from athletic injuries and enhance performance as an athlete.

**Power Yoga** is a vigorous flow class connecting the breath to yoga postures. This intermediate class builds strength, flexibility, endurance and body awareness.

**Mat Pilates** Developed by Joseph Pilates, this class emphasizes a blend of strength & flexibility. Improved posture, stress reduction and long, lean muscles are the result of this synthesis. The "core" "powerhouse" (including the abs, back & pelvic girdle), is the focal point of this training, because all movement originates in this area of the body. Quality of movement is emphasized rather than number of repetitions or amount of resistance.

**Pilates Pump** is a core class which includes strength training!

**Stott Pilates** is a contemporary, anatomically-based approach to the mind-body exercise developed by Joseph Pilates. Exercises focus on stability and/or mobilizing the spine (including the pelvis) while improving functional strength, flexibility, endurance and posture alignment.