



Schedule of Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 a.m.						Family Yoga* Kristen/Courtney
10:30 a.m.	*NEW Mat 360° Dr. Lance Robbins	Back Care Yoga and Pilates* Dr. Scott Rubin		Back Care Yoga and Pilates* Dr. Scott Rubin		
11:00 a.m.						Power Vinyasa** Jade (90-min)
12:15 p.m.		*NEW Body Works Circuit Courtney		*NEW Yoga for Lunch Courtney		
5:45 p.m.	Pilates Catherine	*NEW Beach Buns Jessi	Pilates Catherine	*NEW Top Guns Jessi	Fabulous Fridays 1 st /3 rd Fridays -Dance 2 nd Friday- Mini-Workshop 4 th Fri.- Thai Partner Yoga	
6:00 p.m.	Boot Camp/Yoga Kristen		Aqua Fit Kristen (45-min)			
7:00 p.m.	Gentle Yoga * Nancy (75-min)	Hot Vinyasa** Jessi (75-min)		Power Vinyasa** Ryan (90-min)		

*Especially great for beginners and those who prefer a gentle and therapeutic practice.

**Recommended for intermediate/advanced students or students in good condition with a strong desire to learn

Outdoor classes May 1- September 30- located at the Holiday Inn Sunspree Resort, 6800 Sunshine Skyway Lane, St. Petersburg, 33711

All classes are 60-Minutes in Length Unless Specified Otherwise. Most classes are conveniently located above the Rubin Health Center at:

1500 Dr. MLK Jr. Street North, St. Petersburg, FL 33704 Phone: 727-688-9597 E-Mail: info@generationsyoga.com

Don't See a Class that Interests You or Fits Your Schedule? Consider starting a small group or private lessons

You can book a **Small Group Class** with friends, family or colleagues and pay less than you would for a typical, scheduled class! Small group classes accommodate 2-10 people, and you can pick the class type, instructor, time, date(s) and location (advertised prices assume class is in our studio). If you are interested in starting a small group class, contact us at 727-688-9597.

Personal Training/Private Lessons: Perfect for those who are just starting to practice yoga, Pilates or group fitness classes and those who would like to advance more quickly and tailor training to their specific needs and interests. You can view instructor schedules and book online or contact us at 727-688-9597 or info@generationsyoga.com more information.

Other Studio Offerings: Pilates Duet Sessions, Thai Yoga Massage, Nutritional Counseling, Energy Work and More!

Contact us or check our Web site at www.generationsyoga.com for details.

Class Descriptions:

- Aquafit** - An awesome low impact, high energy class that will include effective cardio, strength and flexibility training. All levels welcome; participants need basic swimming experience and to wear a suit (suitable) for exercise!
- Back Care Yoga and Pilates** – A combination of basic yoga and Pilates postures and breathing techniques to help participants develop core strength and flexibility. Through this class, participants will learn techniques to keep their bodies strong and injury free.
- Beach Buns** - An integrative and highly effective approach to strengthening and toning your lower body. Participants will use various techniques and equipment, including yoga postures to melt unwanted fat, burn calories, build lean muscle and gain flexibility all in one fun hour. Defy gravity - start today! Let's get that sexy back!
- Body Works Circuit** – Resistance and weight circuit training for your lower and upper body that will leave you feeling strong and liberated. This class will use a combination of functional exercises with resistance and light weight to firm up, strengthen and stretch your muscle groups.
- Boot Camp/Yoga** - A fun and invigorating outdoor class that begins with cardio, strength, and core training and ends with a wonderful yoga experience. Effective like a boot camp, but much more fun! All levels welcome. Meet under the Pavilion.
- Family Yoga** - A fun and lighthearted, outdoor yoga class. Come one, come all for this class designed for all ages. Great for family bonding time and for teaching the kids the basic principles of yoga. Suggested age group is 3+. Bring a towel, mat and a positive attitude; mats are also available to borrow.
- Gentle Yoga** - Designed to promote stress relief, flexibility and relaxation. Participants will enjoy basic postures and breathing techniques as a guide to a more balanced mind, body and spirit. This class is perfect for those who are experiencing the negative effects of stress in daily life.
- Hot Vinyasa** - This moderately-paced Yoga flow class is done in a heated room to promote detoxification, flexibility, stamina, strength, calorie burning among other benefits. Participants are encouraged to hydrate well before and after class, and to wear comfortable light clothing in addition to bringing a mat and towels. The Thursday class will incorporate a few more advanced power/ashtanga postures.
- Mat 360°** - An innovative approach to Pilates training. For additional details, check our Web site.
- Pilates** – Concentrated core training based on Pilates principles. During this class you will work with small equipment such as bands, balls, rings, and weights while getting a very efficient and highly useful workout. Benefits of this class are developing a strong core, learning how to use core muscles to improve posture and performance, eliminating chronic back and neck pain, and building better body awareness.
- Power Vinyasa** – A class directed at creating energy and freedom in oneself. As we move through a series of poses, we emphasize on building strength and flexibility in the body. Each individual begins to discover their own power within. By challenging ourselves to go deeper, we learn to honor our temples by surrendering within.
- Rise & Shine Yoga** - An upbeat restorative practice to start the day. This class will combine breathing and meditation with postures that have modifications for those who need them and challenges for those who want them.
- Top Guns** - An integrative and highly effective approach to strengthening and toning your upper body. Participants will use various techniques and equipment, including yoga postures to melt unwanted fat, burn calories, build lean muscle and gain flexibility all in one fun hour. Defy gravity - start today! Stop wishing you had more muscle tone and flexibility in your back, arms and chest and be the one who's got it goin' on!
- Yoga for Lunch** - The class will combine yoga styles for a good mid-day practice. Perfect for refocusing and rejuvenation! All levels welcome.

Fabulous Fridays Classes:

- Dance – Hip Hop (1st and 3rd Fridays)** - A combination of fun and functional fitness with dance instruction. Come get your groove on and wipe away the stress from the week. No experience necessary; wear comfortable shoes (sneakers are best!)
- Yoga Mini-Workshop (2nd Friday)** – Participants will focus on a few specific postures each month. The workshop will focus on perfecting alignment and technique, along with providing students with information about modifications and the benefits of each posture. Each workshop will also include a special guided meditation and relaxation session. Regular class pricing applies.
- Thai Partner Yoga (4th Friday)** - Come with a partner or come solo, for this fun, interactive and enlightening class. This class will focus students on giving and receiving, as students work through asanas and breathing techniques assisted by their partners. Working with a partner can greatly enhance your yoga experience, and is a wonderful and nourishing way to spend time with friends or family.