



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOLISTIC CENTER

SUMMER 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9:30-10:30 Pilates Nancy B *Registration required</p> <p>5:30-6:30 Essential Yoga Gianna *Registration Required</p>	<p>10:00-11:00 Gentle Yoga Pat G. *Registration required</p>	<p>9:30-10:30 Pilates Nancy B. *Registration required</p> <p>*NEW CLASS* 10:45-11:30 Chair Yoga Chris S. *Registration Required</p> <p>4:30-5:30 Vinyasa Yoga Janet *Registration Required</p> <p>6:00-7:30 Mind Matters Joshua</p>	<p>9:00-10:15 Essential Yoga Kim *Registration required</p> <p>10:30-11:30 Gentle Yoga Jim *Registration required</p>	<p>8:30-10:00 Restorative Yoga Julie</p>	<p>9:00-10:00 Gentle Yoga Jim *Registration required</p> <p>**11:00-11:45** Chair Yoga Hope *Registration required</p> <p>**12:00-1:00** Kid Inclusive Yoga Hope *Registration required</p> <p>**1:00-2:00** Adaptive Yoga Hope *Registration required</p> <p>**NO CLASS ON THE LAST SATURDAY**</p>	<p>10:00-11:15 Vinyasa Yoga Mary Lou *Registration required</p> <p>12:30-1:45 Restorative yoga Julie</p>

GLENWOOD PARK YMCA
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Class Descriptions

BEGINNER YOGA: This accessible class moves at a moderate pace introducing traditional yoga postures that focuses on the structural alignment of the physical body. This practice strengthens and releases the body organically, uniting body, mind and spirit for health and well-being. **REGISTRATION REQUIRED**

VINYASA YOGA: This style of yoga is characterized by stringing postures together so that you move from one pose to another seamlessly, using breath. **GENTLEYOGA:** Whether you are new to yoga or looking to revitalize your practice, this class provides you with the tools and inspiration you need to make yoga, and its benefits a regular part of your life. **REGISTRATION REQUIRED**

Pilates: The mind-body class will focus on strengthening the core by promoting pelvis stability and abdominal control through an inward approach, connection of the breath and purpose of movement. **REGISTRATION REQUIRED**

Taekwondo: Multiple classes of this martial art is offered to our members in variety of age groups. (Kids 5-8 years, and 9-12 years. These 8-10-week program will provide levels of self-defense, basic grappling, striking, blocking, and stances in the discipline of Taekwondo. All of this will culminate in a full body workout, as you train cardio, strength, flexibility, and mobility. All of these programs will now include a belt system so that you can track your progress and grow in your knowledge. **REGISTRATION REQUIRED. \$25 for Y Members, \$45 for Non Members**

Kids Inclusive Yoga: This yoga class is designed for all children of ALL abilities ages 5-12. This class utilizes child friendly visual aids, songs, games, sensory supports, and other modifications to help make learning yoga fun and accessible for any child! **Y Members FREE/Community \$5 per class.**

Restorative Yoga: A practice that helps to reduce the effects of chronic stress. It stimulates and soothes the organs by providing a complete supportive for total relaxation. This class utilizes props and has fewer postures which are held longer than a typical class. **REGISTRATION REQUIRED**

Reiki Clinic: Reiki is a gentle, relaxing and healing energy practice. Sessions are 15-minutes with a choice of hands on or hands-off healing. **Free to Y-Members, \$5 for Non-Members.**

Adaptive Yoga for Teens and Young Adult s: This adaptive yoga class is designed for students age 13 and older who may have difficulty participating in a traditional yoga class due to developmental delays associated with Autism, ADHD, Downs Syndrome, Fragile X, or other disability. This class utilizes visual and sensory supports and other supportive techniques to help make yoga practice enjoyable and accessible for any student. **Y Members FREE/Community \$5 per class.**

MIND MATTERS: A new era of challenges has emerged but the solution has not changed. Being peaceful is the only successful and fruitful way to live. We must fearlessly look within for answers and take responsibility for our lives, as we see them. Mind Matters lessons help us understand and experience inner peace. **Y Members FREE/Community \$5 per class.**

Chair Yoga: Explore the range of movement of yoga postures with chair support. Members that find it difficult to get on and off the floor are a perfect fit for Chair Yoga.