



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOLISTIC CENTER

SPRING 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9:30-10:30 Pilates Ellie P *Registration required</p>	<p>6:30-7:30 Sunrise Yoga Mary Lou *Registration required (Starts 3/24)</p> <p>10:00-11:15 Gentle Yoga Pat G. *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 Meditative Movement Jim *Registration required</p>	<p>8:30-10:00 Restorative Yoga Julie</p> <p>4:00 – 6:00 Reiki Clinic</p>	<p>**11:00-11:45** Chair Yoga Hope *Registration required</p> <p>**12:00-1:00** Adaptive Yoga Hope *Registration required</p> <p>**CLASS ONLY ON THE 1st & 3rd 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

ADAPTIVE YOGA FOR TEENS AND YOUNG ADULTS: 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.**

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**

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.

ESSENTIAL YOGA: Find balance by moving through a series of vinyasa-style movements to energize the body followed by gentle poses held for longer periods to relax and restore the body. **ALL LEVELS**

MEDITATIVE MOVEMENT: This calming class focuses primarily on guided meditation and breathwork, with a small amount of gentle, mindful movement to release tension and promote relaxation. Designed to reduce stress, quiet the mind, and restore balance. **Suitable for all levels.**

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.**

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.**

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**

SUNRISE YOGA: A gentle, yet energizing class designed to awaken the body and mind. Through mindful movement, breathwork, and light stretching, you'll build warmth, improve flexibility, and set a calm, focused tone for the day ahead. Suitable for all levels.

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**