

Genesis Health Clubs - Tri-State
555 Tennis Lane
Evansville, IN 47715



(812) 479-3111
genesishealthclubs.com
Yoga Studio

February 2024

Yoga-Hot Yoga-Barre-Mat Pilates Schedule

Hot class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				8:00 Bikyasa Lori 9:30 Yoga for Tennis Becca 9:30 PIYO+Weights LaDonna 10:30 Body Basics Becca 4:30 Rest and Restore Andrea 5:30 Power Vinyasa Stacey	5:15 Sunrise Vinyasa Tammy 8:00 Hot 26 April 8:30 BARRE Blend Carrie 10:30 Mat Pilates Brooke 12:00 Vinyasa LaDonna	8:00 Groove Stacey 10:00 Body Basics Andrea
4	5	6	7	8	9	10
9:30 Bikyasa April 3:00 Sunday Stretch Andrea	5:15 Sunrise Vinyasa Angee 8:30 BARRE Brooke 9:30 Power Flow & Stretch LaDonna 10:30 Mat Pilates Kathy 12:00 Bikyasa Angee 5:30 Groove April	8:00 Ashtanga Niki 9:30A PIYO LaDonna 10:30 Body Basics Brooke 4:30 Yoga Flow Angee 5:30 Power Vinyasa Angee	5:15 Sunrise Vinyasa Angee 8:30 Rest and Restore Andrea 9:30 Barre Brooke 10:30 Mat Pilates Andrea 5:30 Vinyasa Jessica	8:00 Bikyasa Lori 9:30 Yoga for Tennis Becca 9:30 PIYO+Weights LaDonna 10:30 Body Basics Becca 4:30 Rest and Restore Andrea 5:30 Power Vinyasa Chris	5:15 Sunrise Vinyasa Tammy 8:00 Hot 26 April 8:30 BARRE Blend Brooke 10:30 Mat Pilates Brooke 12:00 Vinyasa Niki	8:00 Groove TBD 10:00 Body Basics Andrea
11	12	13	14	15	16	17
9:30 Bikyasa LaDonna 3:00 Sunday Stretch Jasmine	5:15 Sunrise Vinyasa Angee 8:30 BARRE Brooke 9:30 Power Flow & Stretch LaDonna 10:30 Mat Pilates Kathy 12:00 Bikyasa Angee 5:30P Groove April	8:00 Ashtanga Niki 9:30 PIYO LaDonna 10:30 Body Basics Brooke 4:30 Yoga Flow Angee 5:30 Power Vinyasa Angee	5:15 Sunrise Vinyasa Angee 8:30 Rest and Restore Andrea 9:30 Barre Brooke 10:30 Mat Pilates Brooke ♥ 5:30 PARTNER YOGA ♥ Niki & LaDonna	8:00 Bikyasa Lori 9:30 Yoga for Tennis Becca 9:30 PIYO+ Weights LaDonna 10:30 Body Basics Becca 4:30 Rest and Restore Andrea 5:30 Power Vinyasa TBD	5:15 Sunrise Vinyasa Tammy 8:00 HOT 26 April 8:30 BARRE Blend Carrie 10:30 Mat Pilates Brooke 12:00 Vinyasa TBD	8:00 Groove Jasmine 10:00 Body Basics Andrea
18	19	20	21	22	23	24
9:30 Bikyasa April 3:00 Sunday Stretch Andrea	5:15 Sunrise Vinyasa Angee 8:30 BARRE Brooke 9:30 Power Flow & Stretch LaDonna 10:30 Mat Pilates Kathy 12:00 Bikyasa Angee 5:30 Groove April	8:00 Ashtanga Niki 9:30 PIYO LaDonna 10:30 Body Basics Brooke 4:30 Yoga Flow Angee 5:30 Power Vinyasa Angee	5:15 Sunrise Vinyasa Angee 8:30 Rest and Restore Andrea 9:30 Barre Brooke 10:30 Mat Pilates Andrea 5:30 Bikyasa Lanna	8:00 Bikyasa Lori 9:30 Yoga for Tennis Becca 9:30 PIYO+ Weights LaDonna 10:30 Body Basics Becca 4:30 Rest and Restore Andrea 5:30 Power Vinyasa Chris	5:15 Sunrise Vinyasa Tammy 8:00 HOT 26 LaDonna 8:30 BARRE Blend Carrie 10:30 Mat Pilates Brooke 12:00 Vinyasa Niki	8:00 Groove Jasmine 10:00 Body Basics Andrea
25	26	27	28	29		
9:30 Bikyasa LaDonna 3:00 Sunday Stretch Jasmine	5:15 Sunrise Vinyasa Angee 8:30 BARRE Brooke 9:30 Power Flow & Stretch LaDonna 10:30 Mat Pilates Kathy 12:00 Bikyasa Angee 5:30 Groove Lanna	8:00 Ashtanga Niki 9:30 PIYO LaDonna 10:30 Body Basics Brooke 4:30 Yoga Flow LaDonna 5:30 Vinyasa LaDonna	5:15 Sunrise Vinyasa Angee 8:30 Rest and Restore Andrea 9:30 Barre Brooke 10:30 Mat Pilates Brooke 5:30 Vinyasa Jessica	8:00 Bikyasa Lori 9:30 Yoga for Tennis Becca 9:30 PIYO+ Weights LaDonna 10:30 Body Basics Becca 4:30 Rest and Restore Andrea 5:30 Power Vinyasa TBD		

YOGA/BARRE Studio Descriptions

Ashtanga 🔥 This is an athletic form of yoga. In this class, you will be guided through a majority of the Primary series. It is a vigorous vinyasa class so it is suggested that you are familiar with a vinyasa practice, however all levels are welcome!

Barre (STUDIO B) Barre offers a low impact yet challenging workout for your entire body. Barre classes, at our studio, blend the grace and alignment of ballet with the core focus Pilates and the rigor of strength conditioning. This high repetition approach builds long lean muscles and leaves you feeling powerful and energized.

Barre Blend (STUDIO B) Create a lean and toned body through a fusion of Ballet Barre, Pilates, and Yoga intervals. Feel the burn as you sweat, strengthen, and stretch your entire body.

Bikryasa 🔥 A modern style of Hot & Flow Yoga that combines silence with modern music, concentration with moving meditation, healing effects through challenging heat, re-energizing your body, mind and sense of self. Each pose is used as preparation for the next pose. There is specific intention behind every pose.

Body Basics (Not Hot) Experience the joy of restoring movement to all areas of your body while learning how to unravel the restrictions produced from daily life.

Groove/ Groove Express(45) 🔥 When we practice asana with the support of inspiring music, we can expand and transform our body and mind by connecting with spirit. Groove is practiced using the unique quality of music, asana postures, breath, and meditation to create a yoga practice like no other.

HOT 26 🔥 This class is made up of the original 26 poses in the Bikram hot yoga sequence. This class is great for the beginning student new to hot yoga but will continually challenge even the most veteran practitioners as they progress in their own practice. This class is great for students with limited mobility, knee or shoulder issues or decreased range of motion.

Mat Pilates (Not Hot) This class incorporates simple yet challenging movements that are very effective. It combines physical movement with breath to work the smaller and deeper stabilizing muscles in the body. Great for cross-training and injury prevention. Pilates incorporates whole body exercises to improve upper body, lower body and core strength. You'll increase mobility while developing functional movement patterns that will help you tackle your daily activities with more freedom and less pain.

Paddleboard Yoga (Pool) Challenge your balance and activate your core while doing a variety of moves from basic strength training , yoga , and pilates.

PIYO/ PIYO+Weights (Studio B) PIYO is a hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout. Some PIYO classes add light weights to up the intensity!

Power Flow & Stretch (Not Hot) A powerful breath-centered and alignment-based vinyasa flow class. Sweat, smile, and breathe as you build strength, stability, and flexibility in your body, mind, and heart. A supportive environment to learn, explore, and play. Release stress and tap into your natural capacity to feel joy and peace.

Rest & Restore (Not Hot) This class is great for anyone looking to slow down,relieve stress, calm excessive mind chatter or even those recovering from injury. Come nourish yourself with this deep restorative practice.

Sunday Stretch (Yin) (Not Hot) Stretch is a smooth linking of unhurried breath with movement, intensified by mindfully holding postures for several breaths, awakening your body and clearing your mind. Expect deep hip, back, and leg openings with longer holds to gain strength and increased mobility.

Vinyasa (Power) (Sunrise) 🔥 Challenging yet accessible classes, linking breath to movement to get the heart rate going and challenging the student in balance, innovation, and technique. Poses build one upon the next offering students the opportunity to modify or advance depending on their needs.

Yoga for Tennis Players (Not Hot) This class is for all athletes and non athletes. It is designed to help improve concentration, control anxiety, increase flexibility, increase reach, reduce your risk of injury, improve footwork and gain strength and endurance.

Yoga Flow (Not Hot) A breath-centered and alignment-based vinyasa flow class. Allow your muscles to relax, while simultaneously releasing built up energy. Release stress and tap into your natural capacity to feel joy and peace.