

# SPORTS CLUB



WOODCLIFF HOTEL & SPA

## Yoga Classes at Woodcliff Health Club Please call 585-248-4845 for specific days, times and fees.

### Gentle Yoga

Safe and effective for those who are just starting their yoga journey or for those who wish to have a gentler class. Gentle stretching and joint movement as well as basic postures are included. Modifications are always offered. Each class ends with a 6-8 minute relaxation. No prior experience necessary. *Participants should be able to get up and down from the floor.* Time: 65-70 min

### Mixed Levels Yoga

For continuing students or those who have had some prior yoga experience. This class guides you to hold postures for longer periods of time and to focus your attention on your breath, inner sensations, thoughts and emotions. More challenging postures and yoga vinyasa flows are introduced, though modifications are always offered. Class concludes with a 10-12 minute relaxation. ***Prior Yoga experience is required.***

### Yoga-Pilates Combo

Want to do *both* yoga and pilates but don't have time for two classes? This class combines yoga flows with pilates exercises for a stronger, leaner you! Pilates strengthens your core and yoga adds a lower body strengthening and balance component. **Some experience in both disciplines is required.** *Participants should be able to get up and down from the floor.* Time: 60 minutes.

