



Monday

12:10 PM	PiYo
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Tuesday

5:45 AM	Morning Moves
12:10 PM	Mid-day Refresher
5:30 PM	PiYo

Wednesday

5:30 PM	Mat Pilates
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Thursday

5:45 AM	Morning Moves
5:30 PM	Gentle Yoga Flow

Saturday

9:00 AM	Saturday Morning Refresher
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* All studio classes are subject to change if class minimums are not met. *

**We offer wide range of classes for all fitness levels.
Studio doors will open 15 minutes prior to class beginning and will close while class is in session.
Please arrive 5-10 minutes prior to start of classes.**

Amenities

Changing rooms available
If you forget your mat we have mats you may borrow
Yoga props and blankets will be provided
Yoga mats and bottled water available for purchase

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Gentle Yoga Flow

How can you relax in your life? Gentle Flow Yoga will teach beginners and seasoned yogis a way to breathe and meditatively move through basic yoga poses – enhancing flexibility and balance. Numerous modifications will help you embrace and accept your own body. Leave feeling refreshed, renewed and even ready to bring some of these stress relievers into your daily lives

Morning Moves

Begin your day with 50 minutes of breath balancing, gentle stretches, Vinyasa flow, and body balancing. Primarily practicing Hatha yoga poses, Kundalini yoga, Pranayama techniques, Chakra balancing, and light meditation will be featured as well. Begin a new day. Set your intentions. Get a fresh start. Make morning your time for moves. All levels are welcome.

Mid-day Refresher

Focuses on teaching the basic yoga poses and breath-work. This practice incorporates traditional yoga poses linked together with the breath to create a flowing sequence (Vinyasa flow) as well as strength, balance and endurance (static poses). All with modification suggestions to meet your needs in order to make *your practice perfect for you*. A series of stretches are also incorporated to assist your body in coping with the daily stressors of life. Give yourself a midday break and refresh your mind, body and soul.

Saturday Morning Refresher

A great way to start your weekend! Join us for an all-levels class for a full hour with different teachers & class styles! Depending on the teacher and style, class focus may include asana (movements), pranayama (breathing practices) Mat pilates, and more.

Mat Pilates

Is designed to help each individual develop core strength, movement and control. Participants will see an increase in flexibility and an improvement in posture. The class will be guided through a full range of traditional Pilates exercises that emphasize precise sequencing of movement and proper alignment along with breathing techniques.

PiYo

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. During a PiYo class, you will find yourself standing in a yoga pose one minute, and down on the floor in a Pilates pose the next. It is a pre-designed class that will really get your heart rate going as it features various styles of yoga and Pilates in continuous movement and flow from one exercise to another. Some describe PiYo as a hyper version of yoga, but with the benefits of deep breathing, balance, stretching, strengthening and relaxation. All fitness levels welcome!!

WCRC Fitness Plus Members – No Cost
Senior Studio-\$25 per month
WCRC Senior Member Studio card-\$10 per month
Facility Pass Card-\$90 for 10 classes
Class Pass-\$9