

DECEMBER 2015

111 PETROL POINT, SUITE 103



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 6pm Yoga lvl 2 – Kathy	1 5-9.45am Private-CJ 11.30am lvl 1/2 Yoga-Kathy	2	3 5-9.45am Private-CJ 11.30 Beg. Pilates Kathy	4 9-10AM Yoga lvl 2/3 - Kathy	5
6	7 6pm Yoga lvl 2 – Dana	8 5-9.45am Private-CJ 11.30am lvl 1/2 Yoga-Kathy	9	10 5-9.45am Private-CJ 11.30 Beg. Pilates Kathy	11 9-10AM Yoga lvl 2/3 - Kathy	12
13 LAST WEEK OF CLASSES	14 6pm Yoga lvl 2 – Kathy	15 5-9.45am Private-CJ 11.30am lvl 1/2 Yoga- Kathy	16	17 5-9.45am Private-CJ 11.30 Beg. Pilates Kathy	18 9-10AM Yoga lvl 2/3 - Kathy LAST CLASS	19
20	21	22 5-9.45am Private-CJ	23	24	25	26
27	28	29	30	31	4	5

10 Visit Punchcard for \$110, 20 Visit Punchcard for \$200, Drop ins always welcome: \$12/VISIT (*Classes do not apply to punch card)
 Limited spacing. Schedule may change. More info: [Kathy: yogamooch@gmail.com](mailto:kathy.yogamooch@gmail.com) 770.940.3545 or renee@ptcmassage.com (770) 486-9233

PTC PATHWAYS TO HEALTH

We at Pathways to Health are committed to bringing you the best, personalized experience possible. Our classes are kept to a minimum to ensure you get the attention you need for your exercise. If you would like to see an additional class or time added to the schedule, please contact us. We'd love to hear from you.

CLASS DESCRIPTIONS

Yoga: tighten and tone the entire body, enhance balance, improve flexibility and build core strength by combining traditional fitness training, focused breathing and strength building through yoga poses. The result is a mind-body workout that improves health, athletic performance and mental acuity in people of all ages and fitness levels. It truly is *yoga for everybody and every body.*

Level 1: great way to be introduced to yoga, the breath, basic poses and good stretching.

Level 1/2: offers many options to challenge yourself, or take it a bit easy.

Level 2/3: More advanced postures included in these classes.

Gentle Yoga: focus on opening the body and releasing stress through sequenced, gentle and restorative yoga poses. The yoga poses are held longer, creating more balance within by linking your breath with your movement, which in turn allows your entire body to release into a gentle stretch. Some postures may incorporate straps and blocks, This is a Great Class for All Levels.

Instructors include: Kathy Pabst and Petra Ellington (Gentle Yoga), Flo Sheffeld, Dana Boyle

Sr. Fit Yoga: Yoga is practiced in a chair and incorporates the use of balls, bands, straps and blocks for muscular awareness and engagement, works to improve balance and overall fitness/wellness with an emphasis on fall prevention.

Instructor: Kathy Pabst

Pilates Is a safe, sensible exercise system using a floor mat. Pilates improves core strength, flexibility, agility and economy of motion. It can help alleviate back and neck pain and other chronic ailments. Pilates builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. Classes may include props such as small balls, circle bands, long bands and light weights or be performed standing.

Instructor: Kathy Pabst

Beginner Pilates will focus more on breathing, alignment and correct form as learn the basics. The class will progress as the participants are ready for more.

Instructor: Kathy Pabst

Functional Fitness: one hour of dynamic exercises including a warm up and weight bearing exercises to develop strength in all muscle groups. Each class ends with a circuit of body weight, cardiovascular & weight bearing exercises that will be modified to suit all levels of fitness. Benefits can be seen in weight reduction, improved sleep, cardiovascular endurance (blood pressure may be improved), balance, flexibility and improved muscle tone. Exercises are tailored to participants specific needs. Let's do something fun & conquer a challenge while growing into functional & healthy bodies!

Instructor: AJ

One on One Private Sessions: This is a set time for you and Cathy to work together one on one to meet your fitness goals. Cathy designs your private personal training workout specific to you! Contact Cathy for more details: sevenforty740@att.net

Restorative Yoga: 3rd Saturday of every month, 9-11 AM \$50/person or \$90/couple: Registration required Wed. prior with payment.

Restorative yoga provides healing for the whole body inside out. The practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. Props are used to fully support the body in each postures allowing the body to be gently stretched and completely relaxed, allowing the body and mind to fully let go. Constant practice of restorative yoga will make your body less vulnerable to stress-related illnesses and help you achieve optimal health.

Private Yoga/Yoga Therapy: This is an hour of time set aside to help you with your yoga goals. Whether it be just for you to perfect a pose, learn the basics, or if you need some healing, Kathy of YogaMooch, LLC will work with you to achieve inner peace. Contact Kathy for more details: yogamooch@gmail.com