

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

At the Louise Center you have numerous facility and class opportunities for your specific interest.

**Swimming Pool** – Lap Swimming  
Aqua-Fit Classes  
Adult Rec Swim

**Weight Room** - Machine weights, free weights, exercise bikes, treadmills, rowers, elliptical machines, and stair climbers in an air conditioned atmosphere.

**Classes** – Join an array of classes including Jazzercise, martial arts, dance, aqua-classes, Tai Chi and yoga.

**Massage** – Ask about a private massage scheduled to your time availability. Massage is provided in the locker room areas.

## Private Facilities-

Both the Men's and Women's Locker rooms provide exercise areas, spa, sauna, and relaxation areas. Men's Locker Room provides table tennis and pool table as well.

## ABOUT YOGA

Yoga is valuable for everyone: the young, the old, beginners or advanced. These classes are safe for all ages. Seniors especially enjoy the Tai Chi classes. Each student proceeds at his or her own pace.

## Assistance With Fees

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

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## Rights Reserved

The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.

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## YMCA of Glendale Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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Yoga &  
Tai Chi

*"Quiet The Mind,  
And Discover The Soul"*

**Make The  
Mind, Body, Spirit  
Connection**

# YOGA & Tai Chi

## Why should I Practice Yoga?

The continuing practice of yoga can lead to a strong, healthy body, a keen mind and a serene spirit. Yoga is a system of exercises for attaining bodily or mental control and well-being. Yoga evolved from India over 4,000 years ago. Yoga is largely concerned with the physical exercises and health promoting breathing exercises.

There are more than 10 major styles of yoga. The styles differ in structure as they range from being quiet, slow and restorative, to some which offers the most extreme forms of physical exercise you can find.

## What is Tai Chi?

Tai chi, a 2,000-year-old Chinese fitness regimen with origins in the martial arts, features gentle movements similar to yoga and meditation. Research suggests it is effective in relieving stress, increasing flexibility and building strength.

Not only do the slow twisting and untwisting movements of *tai chi* massage a practitioner's internal organs, increasing blood circulation and optimizing spinal-nerve transmission, but also they reduce key "stress chemicals" in the body. Seniors who practice *tai chi* regularly have a significantly lower chance of falls compared to their peers due to improved balance.

## Jyengar Yoga

This form of Yoga is noted for its emphasis on the precise alignment of the body in the asanas (poses,) and for the careful sequencing and timings of the asanas. This style is a moderate intensity practice with more standing poses than seated. The emphasis is on proper alignment of the spine, placement of the hips, and feet. Props are used to assist in the posture.

**Times:** Tues. 9:30am - 11:00 am  
Thurs. 6:30 pm - 8:00 pm  
**Instructors:** Valerie or Margie

## Hatha Yoga

In Hatha Yoga your breathing is deepened and synchronized with the postures. This synchronized deep breathing allows you to relax into the poses. The poses themselves will only evolve into their intended form as your breathing deepens and your muscles begin to naturally relax. Tension is released while in pose or during exercise.

**Times:** Thurs. 8:00 am - 9:00 am  
Wed. 5:15 pm - 6:30 pm  
**Instructor:** Anahit

## Kundalini Yoga

As an integrated and authentic system of exercise, breath control, and meditation that is safe, comprehensive, and simple. By consciously combining specific methods of breath, movement, stretching, meditation, mantras and relaxation, this practice promotes amazing immediate results and insures lasting long term physical, emotional and spiritual benefits.

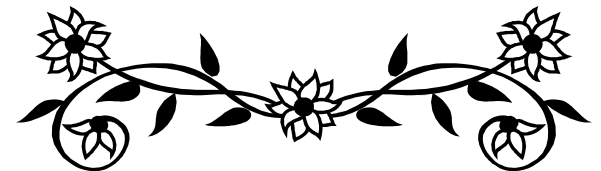
**Times:** Mon. and Fri. 5:00 pm - 6:00 pm  
Sat. 9:00 am - 10:00 am  
**Instructor:** Mona

Best described as a moving form of yoga and meditation combined. Many movements are originally derived from the martial arts, although the way they are performed in Tai Chi is slowly, softly and gracefully with smooth and even transitions between them. The focus in doing them is not, first and foremost, martial, but as a meditative exercise for the body. Tai Chi provides a practical avenue for learning about such things as balance, alignment, fine - scale motor control, and rhythm of movement. The benefits include correcting poor postural alignment or movement patterns which can contribute to tension or injury.

**Time:** Tues. 8:00 to 9:00 AM  
**Instructor:** Sam

**Time:** Wed. 8:00 to 9:00 AM  
**Instructor:** Cody

**Times:** Fri. 8:00 to 9:00 AM  
**Instructor:** Steve



## What Should I Wear?

Wear loose and comfortable clothing such as shorts and a t-shirt. Bare feet is essential.