



SPENCER FITNESS Studios

Class Schedule

105 Corralitos Road, Corralitos, CA 95076 ~ (831) 661-0621

www.spencerfitness.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:45 – 8:45			T'ai Chi Chih Susan Raay		
8:30 – 9:30	Pilates Mat Margaret				8:30 – 9:45 Hatha Yoga Margaret
9:00 – 10:00			Pilates Mat Margaret	Yoga Jane	
10:00 – 11:30	Yoga Jane		10:30 – 11:45 Yoga with Monica		
4:00 – 5:15	Qigong Marcy				
5:30 – 7:00	Yoga Jane	5:30 – 6:45 Yoga Phoenix	5:45 – 7:00 Yoga for Your Back Kym	Yoga Jane	

<u>Class Setting</u>		
Drop-in	Set of Four	Set of Eight
\$14	\$50	\$90

<u>Private Class Sessions</u>	
Single	Package of Four
\$75	\$65 each

- ❖ **All classes are suited for students of all levels.** Please wear comfortable clothing.
- ❖ **Please arrive on time. Late arrivals may be asked to return for another class.**
- ❖ Classes will have a maximum of 12 students to allow an intimate student to teacher ratio. All props are provided.
- ❖ Payment is made to the individual instructor. **Package purchases valid for 6 months from date of purchase.**

Hatha Yoga: This practice includes physical postures (asanas), yogic breathing (pranayama) and meditation. Focus is on learning to breathe deeply and fully while consciously linking the breath to the body. By combining breath with movement we learn balance, strength, flexibility, and poise, physically, mentally and emotionally. Alignment is based on the individual, respecting each person's unique body type. Listening to and honoring our bodies is fundamental.

Pre-Natal Yoga: Explore gentle yoga postures and practices that are stabilizing, strengthening and relaxing. Enjoy a safe, supportive and nurturing environment with opportunity for sharing. Classes are suitable for women in any trimester or for those wanting a gentle and therapeutic yoga class. **Drop in - \$14; 6 class series - \$72. Call Kym at 254-6100**

Pilates Mat: Pilates is a highly effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. The perfect compliment to cardiovascular exercise, sport, rehab and life, Pilates will help you to tone, feel revitalized and move with ease. Movements originate from the core of the body outward focusing the mind to work the body.

Qigong (pronounced “chi-gung”) is a Chinese energy exercise, although gentle and easy to learn, is a powerful practice suitable for all ages and physical conditions. Come and learn how to get in touch with Qi in yourself and the environment. These safe, gentle and self-empowering exercises will enable you to relieve stress quickly and effectively. We will begin building a strong foundation of Qi in the body, preparing us for higher level practices.

T'ai Chi Chih: A softer and mellower version of the martial art of T'ai Chi, TCC is a gentle yet powerful way to increase energy, balance and harmony throughout the body. A moving meditation generally done in slow motion, TCC is a series of 20 movements which can be done individually or connected together.

Yoga for Your Back - Viniyoga Basics: Learn the basics of asana practice, breath awareness and how to bring balance to your own unique structure. Viniyoga provides therapeutic benefit as well as deep inner strength. Create a strong and supple back in this therapeutic class. Relieve tension, improve flexibility, correct postural imbalances and heal injuries. **Call Kym at 254-6100.**

Packages of Personal Training & Classes

Packages: 4 One-on-One training sessions with Personal Trainer AND 8 classes of your choice. Cost \$355. Call for details.

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Instructor Profiles

Jane Freedman – A dedicated student and teacher of Iyengar Yoga, Jane has been committed to her practice for 15 years. She has eternal gratitude toward her patient teacher of nine years, Senior Iyengar Master, Kofi Busia. Iyengar Yoga focuses on correct body alignment and anatomical development, proper sequencing, use of props and pranayama (breath). Jane's gift for teaching combines the wisdom of her practice, numerous workshops, a B.S. in Biology and a massage certificate from the Cypress Institute of Santa Cruz. Jane is honored to share the many gifts yoga has to offer the mind, body and spirit!

Kym House – A Kripalu certified yoga instructor at the 200-hour level with a B.A. in dance, Kym has also completed a 100-hour training in yoga therapy, and is certified at the 500-hour Level in the Viniyoga tradition with the American Viniyoga Institute. Viniyoga practice is based in conscious integration of breath and movement of the spine. Function is stressed over form. Repetition and adaptation are applied with careful attention to individuality. The result is flowing sequences that can bring balance and vitality, ease stress and areas of chronic tension, and correct movement patterns. Key elements include spinal health and universal alignment principles. Kym offers Yoga of body, breath, mind and heart to serve the student. “Every posture is as unique as the person doing it.”

Marcy Reynolds – A longtime student of holistic health, Marcy has taught Yoga, Nutrition and Western Herbalism. Chronic fatigue led her to the self-healing practice of Qigong, which has been instrumental in her recovery and continues to bring depth, peace and healing to her life and the lives of her students. This year Marcy celebrates ten years of teaching Qigong in California.

Margaret Campodonico – A Certified Fitness Specialist, Margaret has developed her fitness career over 20 years, teaching a variety of modalities including Cardiac Rehabilitation, Strength Training as well as classes for seniors and youth. She holds a diverse mix of certifications including Group Fitness Instructor and Personal Trainer from ACE, 200-hour certification from Yoga Alliance & SCW in Mat/Small Apparatus. Margaret enjoys sharing her passion and brings great energy to all she does.

Monica Escudero has been in the health / fitness field for the past 20 years as a physical therapy aide, medical assistant, athletic trainer, personal trainer and yoga instructor. She studied kinesiology in her undergraduate and continued with a graduate degree in biomechanics / exercise physiology and currently holds a health and fitness specialist (ACSM), wellness coach, and a 200hr yoga instructor certification. Monica humbly shares the powerful elements of yoga mixed with science to bring the body balance.

Phoenix Artemisia – A certified Ashtanga teacher by the Ashtanga Yoga Institute of Mount Modonna, Parmatrth Niketan Ashram of Rishikesh, India and Kali Ray TriYoga, Phoenix currently studies Iyengar Yoga with Kofi Busia and Sanskrit with Dr. Sarasvati Mohan. She is a certified Reiki Level 3 Master Practitioner since 2000. Years of dedication to the meditation inform her creative and dynamic classes which are infused with traditional Yogic wisdom and techniques.

Susan Raay – Certified as a TCC instructor in 1984, Susan has relied on TCC to facilitate her healing energies as a massage therapist. Susan teaches from the heart, with much joy and support.