



**Sports Barn Downtown**  
301 Market St, Chattanooga, Tn 37402 423-266-1125  
**Sports Barn East**  
6148 Lee Hwy, Chattanooga, Tn 37421 423-855-0091  
**Sports Barn North**  
1790 Hamill Rd, Hixson, Tn 37343 423-870-2582

For more information contact:  
Teresa Pots Wade- [twade@sportsbarn.net](mailto:twade@sportsbarn.net) 423-266-1125  
or Becky Dempsey- [beckydempsey@comcast.net](mailto:beckydempsey@comcast.net)

Learn more about Group Fitness special events, featured classes, and the hottest new Group Fitness programs -- posted monthly in the NEWS letter section of [sportsbarnonline.com](http://sportsbarnonline.com)

## Yoga & Pilates at the Barn Downtown

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
8:30-9:15 GFT	Mat Mix Tammy	8:00-9:00 S	Intermediate Yoga Adele	6:00-7:00 GFT (L2)	Cardio Yoga w/ Pilates (Rotates)			8:30-9:30 GFT	Mat Mix Tammy	9:00-10:00 GFT	Pilates Floor Work Shannon
		9:30-11:30 S	Cyclin / Yoga Anna (cyclin) Lisa (yoga)	8:30-9:30 GFT	Mat Mix Tammy						
		10:00-11:00 S	Intermediate Yoga Barbara								
12:00-1:00 LC	Power Yoga Karen	12:00-1:00 GFT	Intermediate Yoga Susan	12:00-1:00 LC [L2]	Power Yoga Holly	12:00-1:00 GFT	Power Yoga Susan	12:00-1:00 GFT	Power Yoga Karen	<b>Sunday</b>	
12:00-1:00 S	Beginners Yoga Susan										
6:20-7:00 GFT	Pilates Floor Work Shannon	5:15-6:15 LC	Flow Yoga Margaret	6:00-7:00 S	Pilates Floor Work Shannon	5:15-6:15 LC	Power Yoga Dorothy				
		5:30-6:30 S	Gentle Flow Yoga Rich								

### East

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		8:15-9:15 S	Stretch / Flex Mat Mix (Jan)			8:15-9:15 S	Stretch / Flex Mat Mix (Jan)				
		12:00-1:00 GFT	Intro to Power Flow Yoga Victoria			12:00-1:00 GFT	Power Flow Yoga Victoria			<b>Sunday</b>	
6:15-7:15 S	Flow Yoga Jenny			6:15-7:15 GFT	Pilates Floor Work Candy						

### North

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
10:00-11:00 S	Yin Yoga Becky	8:15-9:00 GFT	Pilates Floor Work Kristina	11:30-12:30 S	Flow Yoga Becky	8:15-9:15 GFT	Pilates Floor Work Kristina	5:30-6:30 S	Power Yoga Jana		
11:30-12:30 S	Continuing Yoga Becky					9:00-10:00 S	Power Flow Yoga Victoria	10:00-11:15 S	Yoga for the Holidays Becky		
						11:30-12:30 S	Beginning Yoga Jana			<b>Sunday</b>	
6:00- 7:00pm S	Pilates Floor Work Candy	6:30-7:30 S	Power Flow Yoga Charlotte	6:30-7:30 S	Flow Yoga Dorothy	5:30-6:30 S	Flow Yoga Jana				
7:05-8:05 S	Flow Yoga Jana					6:30-7:30 SB	Youth Yoga				

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

Basics/Intro Classes, Specialty classes and class descriptions listed on back

**CLASS LEVEL GUIDE**

Unless otherwise indicated,  
all levels are welcome

**L1** Beginner  
**L1/2** Beginner/Intermediate  
**L2** Intermediate  
**L2/3** Intermediate/Advanced  
**L3** Advanced/Practiced

**STUDIO KEY**

**S** Studio  
**CR** Cycling Room  
**FC** Fitness Center  
**GFT** Group Fitness  
**SB** Spirit Barn

## Yoga Classes

Cycle / Yoga	The cycle and yoga class is a combination of the intense cardio of in-door cycling and the strength and flexibility elements of yoga. The classes consist of 1 hour of in-door cycling followed by 45 minutes to 60 minutes of yoga for athletes. These class combinations are designed to improve balance, flexibility, power and stamina which can result in improved performance, injury reduction and faster recovery for athletes of all levels
Mat Mix-	An integration of Yoga, Pilates and flexibility exercises with the added challenge of any one or all of weights, stability balls, Yoga blocks, straps and Pilates rings for added strength, balance and endurance. (Fitness Level: Beg.-Adv.)
Flow Yoga-	Traditional Yoga Asanas practiced in union with breathing and an emphasis on repetition and strength. (Fitness Level: Beg.-Adv.)
Power Yoga-	More intensive style of yoga taught in an athletic format.
Mat Express-	Combination of yoga/pilates/calisthenics using exercise balls, bands, and weights
Pilates Mat Work-	Beginning/intermediate; utilizing the Pilates mat work exercises with focus on breath, core stability, and proper alignment. We will work to achieve long lean muscles and increased flexibility. (Beginners – Intermediate)
Pilates Mat Work Flow-	A Pilates mat class for those who know the basics and are ready to move. We will be using a variety of props to create a challenging mat class to develop core strength, flexibility, lean muscles, and correct alignment. (Intermediate - Advanced)
Low Impact Yoga-	Flow in this class making it ideal for those students with repetitive sports injuries or those who want the flexibility benefits of yoga (Intermediate)
Pilates Warm-up-	Warm up without stretching – fundamental Pilates mat work to strengthen, lengthen and prepare for a mat flow (All levels)
Pilates Mat Work Flow-	A Pilates mat class for those who know the basics and are ready to move. We will be using a variety of props to create a challenging mat class to develop core strength, flexibility, lean muscles, and correct alignment. (Intermediate - Advanced)
Pilates Floor work-	Traditional Pilates based workout. (All Fitness Levels)
Power Yoga-	More intensive style of yoga taught in an athletic format.
Stretch & Flex-	Low intensity flexibility class (Beginners)
Cardio Yoga	Free style Yoga and Mat Class combining cardio and calisthenics