



TORII PHYSICAL FITNESS CENTER GROUP EXERCISE SCHEDULE

SEPTEMBER



MON	TUE	WED	THU	FRI	SAT
		1	2 1900 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu Kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> Nic Cartwright	3	4
6 LABOR DAY HOLIDAY HOURS 0900-1700	7 TRAINING HOLIDAY HOLIDAY HOURS 0900-1700	8	9 1900 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu Kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> Nic Cartwright	10	11
13	14 0800 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu Kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> Nic Cartwright	15	16 1900 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu Kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> Nic Cartwright	17	18
20	21 0800 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu Kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> Nic Cartwright	22	23 1900 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu Kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> Nic Cartwright	24	25
27	28 0800 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu Kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> Nic Cartwright	29	30 1900 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu Kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> Nic Cartwright		

Brazilian Jiu-Jitsu



Learn self-defense,
gain confidence and discipline,
get fit, challenge yourself,
and have fun.

Start Date: August 3

Class Information:

Tuesday & Thursday

*Kids age 6-9 16:30-17:30

*Kids age 9+ 17:30-18:30

Location: Gymnasium (Bldg. 266)

Fee: \$80/month

Maximum 9 students

*Children must be accompanied by an adult or guardian during class.

Fundamentals Program Instructor - Nic Cartwright



Torii Yoga

\$10 per class



Melissa Gordon (Yoga Instructor)

Monday 0600- **Hatha/Vinyasa Yoga**

Yoga provides exercise for the body and the mind. This class will focus on the fundamental poses and provide modifications for any body type to strengthen, align, and promote flexibility. Breath work and meditation techniques will also be included. All levels welcome.

Mekala Poirier (Yoga Instructor)

Tuesday 0800 / Thursday 1900- **Power Flow Yoga**

PFY strengthens and invigorates the body through power vinyasa, hatha, and yin yoga principles; going beyond the physical to address the energetic mind so we can incorporate our yoga flow into our life flow.

PFY is a moderate to intense yoga class that will leave you feeling revitalized. Sequences are created for all levels, but optimized for levels 2+.



SPIN CLASS

\$10 per class

Melissa Gordon (Spin Instructor)

Tuesday 1800 / Friday 0600

Indoor cycle is a great cardiovascular workout. This is a HIIT style class that uses hill climbs, interval work and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!



For more info contact Torii Physical Fitness Center at 652-4334/098-962-4334.

