ENTERPRISE SPORTS CLUB
MORE THAN A GYM, IT'S A COMMUNITY.

MINDFUL MOVEMENT STUDIO

OPEN: Mon-Fri 5:30AM - 9PM / Sat-Sun 7AM - 8PM
PHONE: (831) 920-0912

Saturday

9:30-10:30 AM
Gentle Flow Yoga
Irene Ericksen

10:45-11:45 AM
Pilates
Irene Ericksen

Sunday

8:30-9:30 AM
Wake up Yoga
Don Bard

Monday

8:00-9:00 AM
Good Morning Yoga
Junko Movellan

9:15-10:15 AM
Fundamentals of Hatha Yoga
Joyce Anue

5:30-6:30 PM
Power Yoga
Don Bard

Tuesday

8:00-9:00 AM
Good Morning Yoga
Junko Movellan

9:15-10:15 AM
Yogalates
Junko Movellan

10:30-11:30 AM
Yogalates
Junko Movellan

5:30-6:30 PM
Alignment Hatha
Monique Clark

Wednesday

9:15-10:15 AM
Foundational Flow
Joyce Anue

12:00-1:00 PM
Roll and Stretch
Junko Movellan

6:00-7:00 PM
Yoga Flow and Alignment
Monique Clark

Thursday

8:00-9:00 AM
Good Morning Yoga
Junko Movellan

9:15-10:15 AM
Yogalates
Junko Movellan

10:30-11:30 AM
Yogalates
Junko Movellan

12:30-1:30 PM
Gentle Therapeutic Yoga
Joyce Anue

5:30-6:30 PM
Sunset Yoga
Don Bard

Friday

8:00-9:00 AM
Core Focused Yoga
Junko Movellan

9:15-10:15 AM
Good Morning Yoga
Junko Movellan

10:30-11:30 AM
Roll and Stretch
Junko Movellan

CLASS DESCRIPTIONS

Gentle Flow Yoga: This class explores yoga's power to heal, restore, and support self-care through a slower, mindful practice that builds strength and flexibility. Open to all levels, it emphasizes breath and awareness to replace harmful habits with those that support well-being—no experience needed.

Good Morning Yoga: Start your day with gentle stretches to lengthen your body and gradually move on to poses that build strength and improve mobility! End practice feeling tall, refreshed, and balanced!

Core Focused Yoga: Our class is a dynamic, alignment-based practice designed to strengthen the core, improve posture, and enhance body awareness through safe, mindful engagement. It's ideal for students who want to deepen their practice while building functional strength and core awareness.

Foundational Flow: This class focuses on basic poses and proper alignment while linking every movement smoothly with the breath. End your day with a vinyasa flow that restores the body through passive stretches and active poses. This class is perfect for beginners or those looking to deepen their practice.

Power Yoga: An all-levels flowing practice that moves a bit faster and focuses on building heat and strength. A complete workout that builds flexibility, balance, and endurance. It's physically engaging and deeply meditative, helping you find focus that lingers long after you roll up your mat.

Yoga Flow and Alignment: The delicious flowing practice energizes and strengthens the body while developing habits of posture and movement to stabilize the joints, safely develop both flexibility and strength, and minimize wear and tear on the joints. A moving meditation, this practice calms the mind while invigorating the body.

Pilates: Our Pilates class teaches the fundamentals of Pilates to connect, engage, and strengthen your powerhouse. A form of physical activity for all fitness levels and ages. You will practice on the mat, and utilizing the various props in your practice will help you discover a greater mind-body awareness, improve any muscle imbalances you may have, and strengthen and tone the entire body with a major emphasis on your CORE.

Roll and Stretch: This fusion class is a combination of foam rolling and static stretching. Foam rolling is a form of self-massage or self-myofascial release that can help loosen up tight muscles, improve circulation, reduce inflammation, and release the tension caused by knots in the muscles. This class will leave you with a deep sense of relaxation and release.

Yogalates: Do you love the flexibility and relaxation yoga offers you but crave a boost of intensity to tone and sculpt your muscles? Yogalates offers you the best of both worlds. By adding small iteration movements and light dumbbell weights to the classic yoga sequence flow, Yogalates helps you build lean muscle mass and core strength while also improving your stability, alignment, and overall range of motion.

Fundamentals of Hatha Yoga: This class offers detailed instruction on safely caring for joints, muscles, and ligaments while practicing foundational yoga postures. Combining movement science with yoga's wisdom, it builds strength, balance, and mobility over time, with personalized guidance and a fun, engaging approach.

Gentle Therapeutic Yoga: Do you unwind and recharge for the afternoon? With breath awareness and a series of mindful movements, this class will release tension and restore your energy.

Alignment Hatha: This foundational Hatha class emphasizes precise alignment tailored to your unique body structure. Learn safe and effective techniques to build stability and deepen your practice, ensuring that each posture supports your specific anatomy. Suitable for all levels seeking detailed instruction and lasting body awareness.

Wake Up Yoga: Starts soft and builds energy naturally. An invigorating morning practice that gives you a longer, slower warm-up to ease you in, followed by a pose sequence that awakens strength and focus, and then a shorter cooldown so you finish energized and ready for the day. It's the kind of class that can replace your coffee.

Sunset Yoga: This all levels class focuses on basic yoga poses and proper alignment while linking movement smoothly with the breath. End your day with a sunset vinyasa flow that restores the body through passive stretches and active poses. This class is perfect for all levels of yoga students, especially those looking to deepen their practice.