

STRATFORD CONTINUING EDUCATION

Winter/Spring 2026 Class Schedule

Location key: SES – Stratford Elem Gym SHS – Stratford High Gym **BOLD = CHANGE** 12/19/25

COURSE TITLE	INST	DAY	TIME	X	Fee	DATES	NOTES
MARSHFIELD 'AM'	YOGA						
Yogatone	Cathy T	M	8:30 - 9:30am	17	\$64.00*	1/12 - 5/4	Good Shepherd Hall
Yogatone	Cathy T	M	10:00- 11:00am	17	\$64.00*	1/12 - 5/4	Good Shepherd Hall
Yoga For Life	Spring	T	9:00 - 10:00am	9	\$36.00*	3/17 - 5/12	Good Shepherd Hall
Yogatone	Cathy T	W	8:30 - 9:30am	17	\$64.00*	1/14- 5/6	Good Shepherd Hall
Gentle Yoga	Cathy T	W	10:00- 11:00am	17	\$64.00*	1/14 - 5/6	Good Shepherd Hall
Gentle Vinyasa Yoga	Cathy T	F	9:00 - 10:00am	17	\$64.00*	1/16 - 5/8	Good Shepherd Hall
Gentle Yoga	Cathy T	F	10:30- 11:30am	17	\$64.00*	1/16 - 5/8	Good Shepherd Hall
MARSHFIELD 'PM'	YOGA						
Gentle Yoga	Christine J	M	5:30 - 6:30pm	16	\$60.00*	1/19 - 5/4	Good Shepherd Hall
Yogatone	Christine J	T	5:30 - 6:30pm	16	\$60.00*	1/20 - 5/5	Good Shepherd Hall
Yoga for Every Body	Cathy T	TH	5:30 - 6:30pm	16	\$60.00*	1/22 - 5/7	Good Shepherd Hall
NEW Barre Yoga	April	F	5:30 - 6:30pm	16	\$60.00*	1/23 - 5/8	Good Shepherd Hall
STRATFORD YOGA							
Gentle Yoga	Christine J	W	6:30 - 7:30pm	16	\$60.00*	1/21 - 5/6	Zion Family Ctr/SES Gym
SPENCER YOGA							
Gentle Yoga	Cathy T	M	6:00 - 7:00pm	10	\$45.00*	2/16 - 4/20	St. John's Fellowship Hall

*Supplies required (see below)

COURSE DESCRIPTIONS

"NEW" Barre Yoga This class offers a balanced blend of strength and flexibility. Barre Yoga begins with a yoga flow designed to gently stretch the body and the muscles. Once warmed up, the class will transition into classic Barre (ballet inspired) movements that target full-body strength using small, intentional and controlled motions to tone and strengthen the lower/upper body and core. Exercises can be performed with or w/out hand weights, allowing each participant to choose the level that feels best for them. After the strength segment, the class concludes with yoga flow to cool down. This is followed by a relaxing Savasana to reset and restore. **SUPPLIES REQUIRED:** Yoga Mat; Hand weights (your choice of weight)

Gentle Yoga This Hatha yoga class will include a slow flow that connects poses with the breath, along with poses to promote flexibility, balance and strength. Special focus will be placed on connecting with yourself and your present condition, promoting self awareness. You will be encouraged to explore the idea that poses are for the body, the body is not for the pose. Modified poses offered. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket. **NOTE: Stratford locations: 1/21 - 2/11 @ Zion Family Center 2/18 - 5/6 @ SES Gym**

Gentle Vinyasa Flow Yoga "Vinyasa" means "breath-synchronized movement" or moving from one pose to the next on an inhale or an exhale. Gentle Vinyasa focuses on slow, deliberate movements, emphasizing smooth transitions and mindful breathing, making it suitable for all experience levels. It's a nurturing and relaxing practice, ideal for those seeking to enhance flexibility, improve body awareness, and cultivate a meditative state. If you like to focus on the power of breathing and flowing movement through poses, you will enjoy Gentle Vinyasa. Prior yoga experience helpful, but not necessary. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket.

Yoga For Every Body This Hatha Yoga course with Cathy will include yogic breathing to reduce stress, asanas (yoga poses) to promote flexibility, balance and strength, and relaxation exercises to create an awareness and calm the mind. Special focus will be placed on alternative postures or positioning. A slow flow Vinyasa style will synchronize movement with breathing. Prior yoga experience helpful, but not necessary. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; blanket.

Yoga for Life Meet to embrace a common goal: Practice within our limits to maintain a high quality of life. Based on Hatha Yoga poses developing strength, flexibility, endurance, and balance. Classes will include exploration and awareness of stretching vs. strength building, the importance of core strength and engagement for spinal stability, standing poses, breath work, balance, and everyone's favorite Savasana (resting posture). Beginners to advanced Yogis welcome! **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; blanket.

Yogatone This class combines the classic principles of yoga with strength training using free weights. The addition of hand weights to a yoga program may have fantastic benefits for those with low bone density conditions such as osteoporosis. Weight-bearing exercises can help in growing denser and stronger bones, over time. Yoga increases flexibility and mobility of the joints. The added weights increase the resistance of the exercise to help improve muscle tone and strength. Yogatone

offers the best of both exercises in one session. The outcome is great body tone, longer leaner sculpted muscles, and extra flexibility. **SUPPLIES REQUIRED:** Yoga Mat; Hand weights (your choice of weight); Water.

 **TO SIGN UP FOR A CLASS:**

<https://ttsu.me/wtrspg2026classes>