



Sunrise Yoga

By Andrea Blair Cirignano, Group Fitness Supervisor

Leaping out of bed and right into a high-intensity class in a brightly-lit studio can be just what some people need to wake up and start their day. But for those who prefer a more gradual start, yoga might be just the right fit.

Practicing yoga in the morning is a completely different experience than any other workout. You start slowly, typically with eyes closed, and move through a gentle warm-up and breathing exercise before the class speeds up to offer strength and balance-building poses followed by deeper stretches. A morning yoga class essentially mimics how the body wants to get moving in the morning and even includes opportunities to rest.

Member Patty Grembowski has been taking early morning yoga classes at PRO Sports Club for years. She says, "I enjoy taking the morning classes. They wake me up and get me going."

It's a common misconception that only flexible people do yoga. Patty said yoga initially piqued her interest because she had no flexibility, a permanent hunch in her shoulders, and back issues. After a dedicated Tuesday and Thursday 6:30 a.m. practice, she states, "I haven't had severe back issues for several years."

Although she experienced many of the same benefits from evening yoga classes, Patty found that they gave her too much energy to sleep well. When her kids were young, she got into the habit of starting her day with yoga as it was the easiest time to squeeze in a class with a busy schedule.

Patty also notices a big difference between the days she practices yoga first thing in the morning and when she starts her day with another form of exercise. On the days she practices yoga, she said she feels calm with the energy to get through the day. It also helps her stretch any sore muscles she may have from other activities.

"Yoga in the morning is the best way to start my day. It clears my mind and relaxes me but at the same time, it energizes and invigorates me."

- PRO Sports Club Member