

Greene County General Hospital

Exercise Directory: Yoga and PIYO

Linton Yoga

Instructor: Leah Gray

Leah was once an obese junk food addict and couch potato. Healthy eating and exercise were not in her vocabulary. Her wake-up call came in November 2011, when she saw "Fat, Sick and Nearly Dead," and it changed her life. In 2013, she discovered yoga and a new path. InYoga of Terre Haute and owner Patti Steman-Guptill have become intricately woven into Leah's life and yoga journey. She is now a 200hr RYT, Yoga Body Bootcamp CBT, Yoga Life Coach and AromaTouch certified. Leah is a juicer, health nutter, plant based, yogi, runner, and Spartan. She will be sharing her love for yoga and health through her teaching and story of transformation. Follow Leah and Linton Yoga on [Facebook!](#)

Leah leads our Wednesday Night Yoga Classes at the hospital as well as yoga at the Linton Public Library on Friday mornings at 9:30 am.

PIYO

Kristen Hale: PIYO (Pilates/Yoga/Strength)

Kristen Hale is the Physical Therapy and Rehab Director at Greene County General Hospital. If you have seen Kristen in action, you know she is passionate about wellness and healing. In addition to her leadership in the PT department, Kristen is also the hospital's Wellness Coordinator. She is a certified PIYO instructor and would love to talk to you about fitness opportunities with PIYO and more.

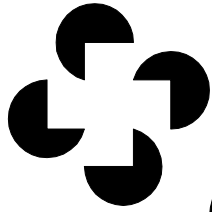
Kristen leads PIYO classes on the fourth Saturday of every month during the Linton Farmers' Market Season. If you are interested in a regular PIYO class, please contact the hospital at (812) 847-5223.

YER Studio

Instructor: Stacie Corbin

Also offering dance and gymnastics instruction, YER Studio, in Bloomfield, has several yoga classes scheduled weekly. Each class is \$5.00.

Monday, 9 am - 45 minutes of Beginner Yoga Stretch



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Monday, 8 pm - 45 minutes slow yoga; please bring a blanket, beach towel, and eye pillow

Thursday, 8:30am - 45 minutes Level 2 Yoga

Saturday, 8:30 a.m. - 1 hour Vinyasa Flow

Know of other classes we've missed?

Contact Amy at (812) 847-5223 to request an addition.