

MIND/BODY CLASS DESCRIPTIONS

Our class levels

* gentle movement
*** strength building
** active movement
**** vigorous workout

Hatha Yoga "Hatha yoga" is the physical practice of yoga. Most styles of yoga fall under the umbrella of "hatha yoga". Students will learn various breathing exercises and postures that begin to open the body, generate energy & promote focus and balance within the body's systems. **
Beginners welcome

Pilates/ Yoga This class blends the two philosophies. In this class we will strengthen the entire body as well as open the body with yoga. *** **Beginners welcome**

Lunchtime Power Yoga Linking breath to movement, this flowing style uses a progressive series of posture. For those who like to be challenged, this style offers improvement in overall athletic ability, balance, strength, stamina, endurance, and an increase in flexibility. ****

Restorative Yoga Come enjoy this restful practice to restore balance & peace in your life. + **Doors will be locked after 10 minutes into the class.** * **Beginners and YAH are welcome**

Sunrise Yoga Come and start your day organically. These postures flow together dynamically to stretch, strengthen & relax. ****

Vinyasa Yoga An emphasis is placed on awakening awareness of the subtle flow of energy, breath, and attention. Similar to Power Yoga, these aspects together will build physical & mental stamina and strength - meditation in motion. ****

Yin Yoga This is a calming practice appropriate for all levels. Yin targets the fascia and connective tissues in the hips, groin, spine and shoulders. Postures are held in a relaxed state for up to 5 minutes, all postures are on the floor. ** **Beginners & YAH are welcome**

Yoga Basics A level 1 yoga class appropriate for beginners, the young at heart, those looking to take it easy, or those wishing to re-visit the fundamental principles of the yoga practice. **
Beginners & YAH are welcome

Yoga for All A level 1-2 yoga experience designed to develop flexibility, balance, strength and endurance, and to promote awareness, mindfulness, concentration and awakening. *** **Beginners & YAH are welcome**

Yoga Mama's Stretching & Breathing is the key to calmness during your child's birth. **All levels are welcome**

Tai Chi / Qi gong Generating and circulating vital energy/a life force that is harnessed within, Tai Chi is a gentle flow that improves circulation and increases energy through slow, movements done with precise focus that promotes stability and relaxation. * **Beginners & YAH are welcome**

NIA Creativity is unlimited, offering students movements and choreographic choices with a diverse blend of Eastern and Western styles, concepts and philosophies. From the work of the martial arts, Nia is infused with power, focus and mindfulness. From the world of dance, Nia is infused with craft and technique. ***
Beginners welcome

Ballet Sculpt This class is a fusion class combining weight training, ballet, Pilates and orthopedic stretching **** **Sign up required. Beginners welcome**

Pilates Mat This class focuses on the classical repertoire of Joseph H. Pilates' principles. Participants of all levels will benefit from core and stability training with enhanced breathing techniques. ***
Beginners welcome

Pilates Ball This class develops pilates muscles. Participants of all levels will work on length, strength and balance using rings, bands & balls. ***
Beginners welcome

Stretch & Strengthen A gentler approach to toning moves with therabands & weights. This class will increase flexibility with stretching while focusing on strength, balance and stability. *
Beginners & YAH are welcome

Stretch Therapy A class focused on stretching the body from head to toe so movement and length can occur. ** **Beginners & YAH are welcome**

Cardio Fit A low impact class that incorporates cardio & strength training into one hour while improving your muscle tone, coordination and balance. *** **Beginners & YAH are welcome**

Hi/Lo I/II A low impact class that includes cardio, toning and abdominals. Level I is for all levels and Level II is more advanced and has a higher intensity. *** **Beginners & YAH are welcome**
** **YAH- Young at heart are classes which are suitable for the older adult.**

