

YAH Class Descriptions

- Alignment Based Yoga:** This class emphasizes breath, alignment, awareness & deep understanding of yoga.
- Cardio Fit:** A low impact class that incorporates cardio and strength training into one hour while improving your muscle tone, coordination and balance.
- Hi/Lo I/II:** A fun-filled low impact aerobics class which includes cardio, toning and abdominals. Get your total body work out! Level I is for all levels. Level II is more advanced and has a higher intensity.
- Liquid Fit:** A high energy, low impact aquatics class that will improve your cardiovascular shape, muscle tone and flexibility.
- Pilates Stretch &Ball** This class develops Pilates muscles. Participants of all levels will work on length, strength and balance using mat, rings, bands and balls. It includes Contemporary Pilates Forms.
- Restorative Yoga:** This class focuses on floor postures that support deeper relaxation and stress release. Come prepared to relax, restore and renew.
- Strength &Conditioning:** A class designed for older adults focused on building and improving strength. This class will utilize body weight movement kettle bells, dumbbells and balls.
- Stretch & Strengthen:** A gentler exercise class including toning moves with therabands and weights. This class will increase flexibility with stretching while focusing on strength, balance and stability.
- Stretch Therapy:** A class focused on stretching from head to toe so movement and lengthening can occur.
- Tai Chi:** Generating and circulating vital energy 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.
- Yoga Basics:** A level I yoga class appropriate for beginners, older adults, those looking to take it easy or those wishing to re-visit the fundamental principles of the yoga practice.

