

YAH Class Descriptions

Alignment Based Yoga:	This class emphasizes breath, alignment, awareness, and a 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.
Deep Water:	An invigorating water exercise class that uses the buoyancy and resistance of the water for a safe, fun workout. Great for those with back, knee, and joint problems as well as prenatal women.
Hi/Lo I/II:	A fun-filled low impact aerobics class which includes cardio, toning, and abdominal work. 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 mats, rings, bands, and balls. This class 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.

