

## MIND/BODY CLASS DESCRIPTIONS

### Our class levels

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

**YAH= suitable for the older adult**

### **Align and Refine Yoga**

Go deeper in this class that will teach the actions and anatomy that allow you to find clear alignment in your yoga postures so that you can go deeper, feel better, and learn to progress into more advanced poses in a safe and fun way. Also included may be introduction to basic yoga philosophy, breathwork and mindfulness. \*\*\*

**Deep Healing Hatha Yoga** A slow practice of gentle deep healing postures combined with breath creates a unity of body, body and spirit and culminates with deep rest, pranayama and visualization. \*\*

**Beginners and YAH welcome**

**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**

**Gentle Hatha Yoga** will lengthen and strengthen the muscles, tendons and ligaments. It will also calm the nerves by focusing on the breath. It is for EVERYONE who wants to learn the basics from the ground up or just feel wonderful. \*\* **Beginners and YAH welcome**

**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**

**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**

**YogaBasics** A level 1 yoga class designed for those new to the practice of yoga and those looking to deepen their alignment skills \*\*\***Beginners & YAH 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**

Taijifit. **This Class uses less complex footwork and choreography than Tai Chi and can utilize hand weights for greater cardiovascular and muscle toning benefits. It retains benefits associated with Tai Chi such as improved balance, flexibility, stress reduction and pain management.** \* Beginners & YAH are welcome

**Yoga Dance Fusion:** This Class starts with a Yoga Warmup- kicks up with choreographed arm exercises, moves to cardio dance, slowing with Yoga poses /stretches, and finishing with savasana.

**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, \*\*\***Beginners welcome**

**Ballet Sculpt** This class is a fusion class combining weight training, ballet, Pilates and orthopedic stretching \*\*\*\* **Beginners welcome**

**Cardio Ballet Sculpt** This class is a fusion class combining weight training, ballet, Pilates and orthopedic stretching with cardio bursts \*\*\*\* **Beginners welcome**

**Cardio Ballet Sculpt Express** This 30 minute class is a high intensity barre fusion will include ballet, pilates mixed with cardio \*\*\*\* **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. \*\*\*

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

**Wellness Meditation** In this class you will learn mindfulness techniques to manage stress, experience greater peace and create overall well-being. All levels of experience welcome, from the novice to the veteran practitioner \***Beginners & YAH are welcome**

