

## **Ashtanga**

Class description: An athletic flow combining strength, flexibility and stamina for a complete practice. Ashtanga Vinyasa Yoga is different from many yoga classes in the West in that the order of asanas is completely predefined. Mostly focused on the Primary Series of Ashtanga with occasional moments of the Intermediate series. The opening sequence begins with 10 Sun Salutations and then several standing asanas (postures) followed by a seated and then closing series. Ashtanga is beneficial for cardiovascular health, stamina, flexibility, and moving meditation. Class is 60 minutes.

Population demographic: men and women, seniors and/or persons of any age, beginner, intermediate, or advanced yogis.

## **Vinyasa**

Class description:( translates to “flowing with breath”) is a dynamic style of Hatha yoga which joins physical postures, or asanas, with inhales and exhales, creating a steady internal rhythm for the practice. Flow yoga classes tend to be more vigorous and aerobic, and classes can have a variety of music and themes. Class is 60 minutes.

Population demographic: men and women, seniors and/or persons of any age, beginner, intermediate, or advanced yogis.

## **Pilates**

Each class will work to balance all muscle groups’ strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will blend the Classical Pilates Method with exercise variations and by using props and light weights. Modifications are suggested for beginners or for those with physical limitations. Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your every day movements. Class is 60 minutes.

Population demographic: men and women, seniors and/or persons of any age, beginner, intermediate, or advanced yogis.

## **Fluid Motion**

Class description: A gentle form of yoga that many bodies and demographics can enjoy. In the water, joints are supported allowing free movement while also acting as resistance to help strengthen muscles. Yoga in the water helps to stabilize balance, increase flexibility and mobility, and develop strong breathing exercises to increase stamina and efficiency. Class will be 45 minutes long and will include props and gentle soothing music. Class is 30-45 minutes

Population demographic: men and women, cardiac rehabilitation, physical therapy, seniors and/or persons of any age.

## **Water Aerobics**

Class Description: A low impact water workout for all levels that includes cardio, muscle strengthening, and balance exercises using a variety of buoyancy equipment. Focusing primarily on cardio and strength water aerobics provides a safe environment for the joints while working on stamina. After a warm up we start our power aqua endurance and interval training for 30-40 minutes, then proceed to strength and core,

finishing with a relaxing cool down. This is a great low impact workout that can be done in deep or shallow water. Class is 45 minutes.

Population demographic: men and women, cardiac rehabilitation, physical therapy, seniors and/or persons of any age.

### **Posture Clinic**

Class description: This class is designed to give a person a strong foundation in their yoga and pilates classes with alignment and purpose. Class is low impact and designed to be a conversational place where people can feel free to ask questions, have adjustments, learn to use props efficiently and effectively, and also build confidence and familiarity with postures. Postures include everything from flexibility to strength training to balance. Class is 45 minutes long.

Population demographic: men and women, seniors and/or persons of any age, beginner, intermediate, or advanced yogis.

### **Balance**

Class description: Increasing confidence by working through a series of progressive challenges that improve the ability to correct imbalances as well as strengthen the skill to consistently implement safe movement strategies. Learn exercises and postures to increase strength, flexibility, sensory awareness, reflexes, and concentration. Class will be 30 minutes long and will include props as needed.

Population demographic: men and women, seniors and/or persons of any age, beginner, intermediate, or advanced yogis.

### **Tai Chi**

Class description: A series of movements performed in a slow focused manner accompanied by deep breathing with low impact and minimal stress on muscles and joints. This gentle form of martial arts helps reduce stress and anxiety while increasing flexibility and balance. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi will improve aerobic capacity, increase energy and stamina, breath control, and will also reduce the risk of injury in life. Class will be 30 minutes long.

Population Demographic: men and women, seniors and/or people of any age, beginner, intermediate, or advanced yogis.

### **Slow Burn**

Slow Burn is a yoga/ Pilates style that is both gentle and strengthening. This class explores longer holding postures to engage the muscles and cultivate strength and flexibility. Class is designed to balance your mind and go deeper into the breath using slower, progressive posture sequences. Class is 60 minutes long.

Population Demographic: men and women, seniors and/or people of any age, beginner, intermediate, or advanced yogis.