

Yoga & Pilates Class Descriptions

YOGA FLOW: A flowing sequence of yoga poses that will increase strength, flexibility, and mindfulness. This vinyasa style class will help you find your inner warrior.

PILATES FOR STRENGTH: Strengthen your core, arms, and legs. This class integrates basic strength exercises into the Pilates workout by using heavier toning weights. Ignite your inner strength.

YOGA FOR STRENGTH: Yoga poses and postures incorporated into this yoga sequence are selected in order to tone and strengthen every muscle of the body. Build the strength needed to further your yoga journey.

POWER PILATES: Designed to target the muscles of the core and tone the legs and arms, this high energy class will use light toning weights in combination with a dynamic series of Pilates exercises. Feel longer and leaner.

YIN YOGA: A slow paced asana based yoga class with long slow poses that open joints and soft tissue to new levels. Each posture has multiple variations which makes this class suitable for all body types and levels of fitness.

Levels

BEGINNER: Learn the fundamental sequence of poses/exercises that build the foundation for the yoga and Pilates practice. These classes will help you gain the strength, flexibility, and knowledge to advance in your practice.

ALL LEVELS: These energizing classes are suitable for everyone. Instructors will incorporate fundamental poses/exercises for beginners and suggest modifications for those looking for an added challenge. Come join for some fun!

INTERMEDIATE: Looking to further your yoga or Pilates journey? These classes are designed for active individuals with the strength, flexibility, and knowledge to safely participate in a more advanced yoga or Pilates practice.

ADVANCED: These classes are designed for individuals with a strong foundation in yoga or Pilates who are looking to take their practice to the next level.

