

Class Descriptions

Breathe, Stretch & Renew Yoga: A gentle practice connecting breath & movement. Discover your inner strength through gentle, yet self-challenging yoga postures. Perfect for those with a desire to increase their flexibility & balance, learn correct postural alignment & enhance the effects yoga has on body, mind and spirit. Appropriate for beginners & all levels. Prenatal welcome.

Cardio Kickboxing: Kick, punch and sweat your way to a higher fitness level! This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination and balance. Includes intense abdominal work at the end of each class. Challenging. All levels welcome!

Gentle Yoga: A calming and soothing practice that promotes stronger balance, increased range of motion, mental clarity, peace of mind, and emotional well-being. Excellent choice for beginning students & seasoned students. Prenatal welcome!

Gentle Yoga/Level 1: A calming & soothing practice that promotes stronger balance, increased range of motion, mental clarity, peace of mind, and emotional well-being. Introduces fundamental poses. Excellent choice for beginning students & seasoned students. Prenatal welcome!

Gentle YIN Restorative Yoga: Deep stretching of the connective tissues meant to increase range of motion and flexibility. Suitable for those with limited mobility. Therapeutic for those with MS, arthritis, bigger bodies and other health issues. Open to all levels. Prenatal welcome! **Participants must have the ability to get down onto and up from the floor and to sit without assistance.**

Lunar Yoga: A Full Moon Practice: Flow thru Moon Salutations & heart opening poses under the soothing calm of our candlelit studio! Ease into your weekend and recalibrate with this perfect remedy to a stressful week. Enjoy an extended Savasana. Appropriate for all levels. Some previous yoga experience recommended due to the low lighting in the studio.

Lunchtime Yoga: Practice promotes strength, balance, flexibility and peace of mind. The perfect remedy to relieve stress and recharge your energy level. A challenging practice at medium pace suitable for all levels.

Mid-Morning Yoga: Link breath with movement in this graceful, energizing practice. Develop strength, flexibility, and balance through a variety of fundamental poses. Modifications are provided to enhance the experience for every student. Appropriate for beginners and seasoned practitioners.

Pilates Boot Camp: Push yourself to the limit as you rotate through a series of exercises using the pilates reformer, TRX, and mat based pilates for a complete overhaul of your body's composition. Class will focus on cardio, strength and core training in one powerful workout. Get long lean muscles, immediate improvement in your posture and more defined, sculpted abs in 60 minutes of extreme intensity. All levels welcome!

Pilates Mat: Classic pilates matwork focusing on cultivating core strength, emphasizing proper alignment and movement awareness. May include the use of accessories such as the stability ball, small balls, Pilates ring, and resistance bands.

Pilates Sculpt and Tone: Develop core strength, build lean muscle, and increase flexibility. Combines light weights, ballet toning, core stability and the dynamic flexibility of traditional Pilates. Specifically designed sculpting moves with high reps and low weights will create a tight, toned body! A non-impact mixed level class. All levels welcome.

Piloxing: An exciting, new inter-disciplinary that uniquely mixes Pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout. Guaranteed to whip you into shape, using a class format that's both fun and challenging. Format blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. Throw in some fun dance moves and weighted gloves and you have the complete formula! Open to all levels. Bring water!

Prenatal & Postnatal: Please enjoy our Gentle Yoga, Gentle Yoga/Level 1, Restorative Yoga & Gentle YIN Restorative Yoga classes! Wednesday evening Pilates as well!

Restorative Yoga: Yoga without strain. This beautiful practice gives the gift of receiving postures rather than initiating them. Each posture helps reduce the effects of stress, diseases and fatigue in the body, while helping you experience deep relaxation. Blankets, blocks, straps and/or sandbags are used. Heal the body, renew the mind and refresh your outlook on life! Open to all fitness levels.

Rise 'n Shine Yoga: Experience the excitement of expanding your practice and exploring new poses! Start your day feeling yogatastic! An upbeat and energizing practice that continues to develop foundational poses while accommodating a broader range of experience levels. Prior yoga experience and familiarity with basic poses recommended.

Sunday Stretch & Flow Yoga: Designed exclusively for Sunday mornings! Practice begins with warming stretches in preparation for a series of flowing standing poses that will soothe the soul! Your body and mind will feel open and balanced! Students of all levels welcome, although some previous yoga experience is recommended.

Sunrise Yoga: Practice begins with warming stretches in preparation for a series of strong standing poses, vinyasa style! May include inversions which are taught from the foundation up, giving students the opportunity to work at their own level. Students of all levels welcome, although some previous yoga experience is recommended.

Sunset Yoga: Unwind from your day with a strong and self-challenging practice. Move through a series of postures to release stress and tension. Students of all levels welcome, although some previous yoga experience is recommended.

Thank Goodness it's Friday! Yoga: Practice promotes strength, balance, flexibility and peace of mind. The perfect remedy to relieve stress and recharge your energy level. A challenging practice at medium pace suitable for all levels.

Total Body Workout: Class will push every muscle in your body & give you a total cardio-workout. Practice combines traditional exercises, calisthenics, weights and training drills to focus on developing strength, stamina and agility. Bring water and get ready to transform your body. Open to all fitness levels.

TRXpress: Workout takes you through cardiovascular and spot training exercises targeting all the major muscle groups. Build strength, flexibility, core stability and metabolic conditioning with TRX® Suspension Training. Open to all fitness levels.

Weekend Warrior Yoga: Practice begins with warming stretches in preparation for a series of strong standing poses, vinyasa style! May include inversions which are taught from the foundation, up giving students the opportunity to work at their own level. Students of all levels welcome, although some previous yoga experience is recommended.

Yogalates: A fusion of the ancient discipline of yoga with the modern pilates techniques, the exercises mix both disciplines to develop core strength, help tone muscles, increase flexibility, and reduce stress. An upbeat class that combines the slow controlled breathing and stretching of yoga with the core tightening and strengthening of Pilates. All levels welcome.

Yoga – All Levels: Link breath with movement in this graceful, energizing practice. Develop strength, flexibility, and balance through a variety of fundamental poses. Modifications are provided to enhance the experience for every student. Appropriate for beginners.

Yoga – Level 1: For students seeking to expand, refine and develop their yoga practice at more subtle levels. Enhance your basic alignment knowledge and become familiar with a broader range of sitting/standing poses, twists, forward/back extensions and the occasional inversion! Some basic yoga experience recommended but not required. Modifications will be given. Appropriate for all levels.

Zumba®: A fun fusion of dance and fitness, set to Latin and other international rhythms. An incredible workout that will maximize caloric output and fat burning. Bring water and wear a smile! No experience necessary. All levels welcome! Ditch the workout, join the party!

Zumba Toning®: A blend of body-sculpting techniques and specific Zumba moves focusing on calorie-burning and strength-training using light hand weights to enhance rhythm and build strength. Designed to provide a safe & effective total body toning workout! All levels welcome.