



## Class Descriptions

**Gentle Yoga:** Gentle yoga seeks to provide therapeutic modifications to common yoga poses. This form of yoga helps increase mobility and flexibility in a slow, well-rounded approach. *Appropriate for all levels.*

**Vinyasa Yoga:** This class will allow you to explore movement with breath. Vinyasa, also known as flow, is characterized by stringing postures together to move from one to another, seamlessly, using breath. *Beginner-Intermediate.*

**Power Yoga:** Power Yoga is a fitness-based vinyasa practice to increase stamina, strength, and flexibility, as well as stress reduction. *Advanced.*

**Yin Yoga:** This class consists of a series of long-held, passive floor poses that mainly work the lower part of the body - lower spine, hips, inner thighs, hamstrings. The poses are held for up to five minutes, sometimes longer; working beyond the muscular level and into the connective tissues. *Appropriate for all levels.*

**Yoga for Athletic Performance (YFAP):** The best of both worlds! Half vinyasa, half gentle yoga/stretching. Build some internal heat with strength and balance postures followed but an opportunity to allow the body to release into stretches for the hamstrings, hips, shoulders, and more. *Some vinyasa yoga experience recommended.*

**Chair Yoga:** This class is a wonderful opportunity to work mobility, strength and balance with the ease of a chair. *Appropriate for all levels.*

**Candlelight Restorative Yoga:** This class consists of a series of gentle stretching floor poses utilizing a variety of props. Ease the mind to start your week as this class is set to candlelight and soothing music. *Appropriate for all levels.*

**Mat Pilates:** Mat work, light weights and props are used in this core-intensive workout to help build stability, flexibility, muscle tone, body balance and body-mind awareness. *Appropriate for all levels.*

**Barre:** Also known as standing Pilates, this high energy workout integrates series at the ballet barre to build strength and toning of the lower body with full ranges of motion combined with isometric movements. *Appropriate for all levels.*