MIND BODY

Wear comfortable pants or shorts and shirt that allow for a full range of movement. You are encouraged to bring your own Yoga/Pilates mat. Some fitness mats are available.

DEEP RELAXATION & MEDITATION

Learn to sit comfortably, practice guided breath techniques, experiment with sound repetition, suspend thought and worry. Learn how to integrate meditation into your daily lifestyle easily. Meditation activates executive functioning of the brain, enhancing learning, social skills, planning and completing tasks more effectively. Attention-training, concentration skills and relaxation-at-will to improve vitality and potency in all that you do.

RESTORATIVE YOGA

Blends moving meditations and bliss producing restorative poses, typically done on the floor with lots of supportive props coupled with soothing music to help the body release. Restorative poses are an important part of any long-term yoga practice: they recharge our energy reserves, heal the effects of stress, and bring our nervous systems into a more balanced state. This class will leave you feeling relaxed, refreshed and renewed.

VINYASA YOGA

This class connects movement with the breath. As you tone, strengthen, and stretch your muscles, the focus on your breath allows you to practice “staying present” in the moment. By creating a strong, healthy, limber body, and cultivating a peaceful mindset, this class offers an opportunity for you to establish a more harmonious self, “Namaste.”

HATHA YOGA

Borrowing from the styles of Shadow, Iyengar, and Ashtanga Yoga, this class uses awareness of the breath combined with movement and postures to form the basis of the discipline of Hatha Yoga. This flow style class provides balance and power.

HUMAN BEING TRAINING YOGA

Human Being Training classes are yoga-based, music-infused adventures into realizing your genius, the reason you’re here. Rediscover an ancient message in a refreshing, unorthodox way, through a powerful blend of humor, raw physicality, intellect, and heart.

POWER YOGA

Yoga poses without stopping and accompanied by Vinyasa or riding the breath in order to flow from one pose to another. Power Yoga’s popularity is that it provides a vigorous workout plus strength and flexibility.

PILATES (50-60 MIN.) & PILATES EXPRESS (45 MIN.)

Enjoy this floor based mat class, focusing on building strong abs and lower back. Use the mind-body connection to perform concentrated movements, and improve strength, alignment, coordination, and muscular symmetry.

STRENGTH & TONE

All fitness levels are welcome! For these classes wear comfortable attire that allow for a full range of movement.

6-PACK ABS (30 MIN.)

Focus on strengthening and toning your mid-section, while promoting a healthy back and core. Work your way to a strong core and cut abs.

BARRE CONNECT™ (55 MIN.)

Combines the strength found in dance technique, the conditioning of Pilates and the balance of yoga. With the combination of these principles your benefit from a Barre Connect™ workout is total body strength. An effective series of pre-choreographed movement set to music to create an incredible experience that will leave you feeling lengthened, toned and energized!

HIGH INTENSITY INTERVAL TRAINING “H.I.I.T” (45 MIN.)

Interval training executed at high intensity by combining weightlifting, gymnastic and cardio movements. H.I.I.T. is aimed at increasing the 10 areas of fitness: cardio endurance, stamina, strength, flexibility, power, speed, agility, coordination, balance, and accuracy.

*Reservations required. Prior to class reserve your space online, call 756–5890 or go to the Pro Shop for a class pass.

*Arrive early for equipment set-up.

BREAKAWAY (INDOOR CYCLING)

Burn calories and pedal away stress in our high energy cycling studio. This class is a great cardiovascular workout. We will guide you through a series of resistance and speed intervals and simulated sprints and hills for a workout party on a stationary bike.

*Reservations required. Prior to class reserve your space online, call 756–5890 or go to the Pro Shop for a class pass.

*Arrive early for bike set-up.

*Cycling shorts and cycling shoes are recommended but not required.

CROSS TRAINING

All fitness levels are welcome! For these classes wear comfortable attire that allow for a full range of movement.

HIGH INTENSITY INTERVAL TRAINING “H.I.I.T” (45 MIN.)

Interval training executed at high intensity by combining weightlifting, gymnastic and cardio movements. H.I.I.T. is aimed at increasing the 10 areas of fitness: cardio endurance, stamina, strength, flexibility, power, speed, agility, coordination, balance, and accuracy.

*Reservations required. Prior to class reserve your space online, call 756–5890 or go to the Pro Shop for a class pass.

*Arrive early for equipment set-up.

STEP ‘N’ SCULPT (45 MIN.)

These high energy step routines with easy choreography make this class great for all levels of fitness! The first half of the class will be focused on improving cardiovascular conditioning through step while the second half of class will focus on muscle conditioning, where we’ll be targeting hips, buttocks, thighs, and abs. Come sweat and tone with us in this total body workout!

*Reservations required. Prior to class reserve your space online, call 756–5890 or go to the Pro Shop for a class pass.

*Arrive early for equipment set-up.