

# YOGA STUDIO CLASS DESCRIPTIONS



## ABSOLUTELY ABS

During this class you will focus solely on your abdominal muscles by performing exercises such as planks & crunches. You may also see some pilates-inspired movements. Squeeze in this short ab routine after attending a group fitness class or incorporate into your normal workout regimen.



## GENTLE YOGA

Gentle Yoga is designed to increase the fitness level of any age. Gentle Yoga includes yoga poses and methods that will allow you to increase muscular strength, endurance, flexibility, & increase stamina, lung capacity and overall wellness. Chair support is offered.



## HATHA YOGA

A well-rounded practice moving at a moderate pace to allow for a fuller expression of each posture (asana). This practice includes breathing deeply into each posture, connecting breath with various movements, & releasing tension held in our muscles & connective tissues. The ultimate goal is to feel more open, clear, & balanced & reconnect with our body, mind, & spirit.



## INSANITY®

INSANITY® is a cardio-based total body conditioning program. It is an interval class that requires no equipment, is easy to learn & fun to take! Intervals consist of various athletic drills which result in high caloric burn. Modifications are demonstrated for all fitness levels. All instructors are INSANITY® certified. 30 & 50 Min classes are offered.



## KIDS YOGA

A playful, inspiring & replenishing thematic yoga class that blends yoga games, breath work, balance, strength, fun, & self-awareness. Ages 5–8.

*Registration required.*



## MORNING JUMPSTART YOGA

This early morning class will help to JumpStart your day with centering, warm ups, poses & relaxation, setting your day into motion with inner harmony & energized vitality. An eclectic yoga class, incorporating elements of a variety of styles including Iyengar, Viniyoga, Vinyasa, Kundalini, Sivananda, & Anusara. All levels are welcome.



## RESTORATIVE YOGA

Calm your mind & relax your body with soothing Restorative Yoga. Restorative YOGA poses require no muscular exertion, each pose is held for several minutes & deeply supported by props - blankets, bolsters or blocks. You will leave feeling well rested . No yoga experience needed. All levels welcome.



## TAI CHI

Meditation through movement patterns which involve no impact or physical contact. You will be guided through flowing motions in a controlled movement to provide challenging ways to increase strength & endurance without risk.



## VINYASA FLOW

The emphasis of Vinyasa Flow is on connecting the mind and body through the use of intentional breath and alignment as you move from pose to pose. Class begins with centering, connecting with your breath, and setting a personal intention for class that day. There are a series of seated warm-up poses followed by sun salutations and poses that build strength stamina and flexibility.

