

Class Descriptions

Mat Pilates

A fun and invigorating workout that teaches a series of controlled movements/exercises utilizing the body's "core" - abdomen, back, and hips. This exercise regimen is designed to create long, lean muscles while enhancing strength, flexibility, and balance, with an emphasis on posture. The Pilates mat classes are suitable for any level, and may utilize small props to bring additional challenge to your workout.

Yoga

The mixed-level yoga class will construct a balanced body through a combination of Hatha and Vinyasa yoga. We will build strength, balance and flexibility while bringing attention to our breath. Having a better awareness of your body and its strengths and weaknesses gives us the opportunity to bring change and improvement in all aspects of our physical and mental lives.

Slow Flow to Yin

This is a gentle class perfect for the beginner or a regular practitioner. We will focus not only acquainting our bodies with a yoga practice but also re-energizing ourselves with a focus on yin yoga postures and hip openers. Join us to experience yoga for the first time or as an active recovery from a more intense workout. Either way you will leave feeling refreshed and renewed.