Group Fitness MIND/BODY CLASS Descriptions

STRENGTH & BALANCE: Maintaining a level of mobility increases the ability to move purposefully and intentionally. Mobility and balance increase independence. This class highlights stretching strategies to increase flexibility, range of motion, balance, and core strength and enhances the ability to move freely.

STRETCH AND CORE: A workout focused on building stability and endurance in the muscles that support the core. Improves balance, assists in injury prevention and creates balance within the body. Participants will incorporate breath-controlled Yoga, Pilates and Tai Chi inspired movements to strengthen the body from the inside out.

TAI CHI: Incorporates gentle, fluid movements at a slow tempo and teaches mind-body movement patterns. Tai chi can help increase balance, concentration, and coordination. Tai chi is beneficial for all fitness levels, including individuals with Parkinson's, MS, and ALS.

    TAI CHI+: This intermediate to advanced class transitions from basic Tai chi forms to more complex patterns.

YOGA: is the perfect space to align breath to movement. It is beneficial for joint mobilization, flexibility, strength, breath-awareness, mind-body connection, balance, relaxation, rejuvenation and more:

    Chair Yoga: a beg./int. flow that uses chairs as props; allowing students to experience additional support in poses.

    Gentle Yoga: a slower-paced flow suitable for all levels; focuses on stretching, myofascial release, and breath work.

    Yoga I-II: a flow that may include sun salutations, balancing poses, and myofascial release; emphasis is on alignment

    Yoga II: a moderately-paced flow that includes sun salutations, balancing poses, and intermediate postures.

    Yoga II-III: a more advanced power flow that incorporates arm balances, inversions, and advanced sequences

    Restorative Yin Yoga: slower-paced movements that target fascia and joint spaces through holding poses for longer amounts of time; seeks to achieve physical, mental and emotional relaxation with the aid of props.