



# 2018 Mind-Body Schedule

**ATHLETIC YOGA** - Use yoga to improve strength, flexibility, range of motion, mindfulness and determination, resulting in better performance in your sport pursuits, a cleared mind and an overall transformation in how you can use yoga in your training, and in life.

**ARMS & ABS** - The Arms and Abs class focuses specifically on the upper body and core muscle groups. Be prepared to use various types of resistance equipment, including weights, bands, body bars and body weight to increase the intensity and fun of working the upper body muscle groups as well as the abdominals and lower back.

**BARRE** - The barre is used as you go through exercises that focus on isometric strength training. This class will help you achieve strong, lean and toned muscles.

**BODY BLAST** - This is a full body workout that involves weights and resistance training to sculpt the entire body.

**CONTEMPLATIVE FLOW** - An innovative Yoga, Tai-Chi and Chi Kung workout incorporating both dynamic and static postures that build flexibility and overall strength, leaving you feeling centered and calm. Using controlled breathing, meditative concentration, and a carefully structured series of stretches, movements, and postures to music, our instructors create a holistic workout that brings the body into a state of harmony and balance.

**CORE & MORE** - An entire class dedicated to our most common problem area, our mid-section. This class will help you strengthen your core, while toning your stomach, hips and thighs. Each class takes time to work on flexibility and stretching as well.

**EMBODYOGA** - Yoga from the inside out. A radical and inclusive approach to the ancient science of Yoga, Embodiyoga weaves the deeply healing, therapeutic, and spiritual essence of Yoga, with the cutting edge studies in the field of body-mind-consciousness. An exploration of the body's structures and mind through asana (postures), pranayama (breathing), and meditation, Embodiyoga grants practitioners an increased self-knowledge, acceptance and love.

**GUIDED MEDITATION** - Have you heard? The opposite of EASE is DIS-EASE! What's the secret to obtaining more EASE in life? Meditation! Enjoy a safe and simple meditation practice with a trained instructor. Explore the multiple styles of Pranayama (breath awareness practice) and Yoga Nidra (deep relaxation). No prior meditation experience required.

**INDOOR CYCLING** - Our indoor theater cycling class offers a high-energy stationary bike workout that will enhance cardiovascular endurance and improve muscular strength. Participants select personal intensity levels during the workout through body position and bike tension. The studio is equipped with a high-definition television, bringing you a theater video ride with great music. All fitness levels are welcome; space is limited to 12 participants on a first-come, first-serve basis.

**PILATES** - Enjoy a challenging series of exercises designed to strengthen and tone your core. Pilates is mind-body oriented; intense physical concentration, along with proper breathing, is necessary to reap the immense benefits. Our instructors will teach the correct technique and flow, resulting in increased strength, flexibility, and balance.

**POWER YOGA** - Focus on strength and flexibility as you move continuously from one position to the next in this more vigorous form of vinyasa-style yoga.

**SPORTS CIRCUIT** - Train like an athlete in this sports-infused class. Functional training based, this class is a total body workout for ALL fitness levels.

**TOTAL BODY SCULPT** - A full body workout that targets all of the major muscles groups. This class is designed to strengthen and tone the body while empowering the mind. Whether you are new to fitness or advanced, you are sure to be challenged and have fun.

**TAI-CHI** - This is an ancient Chinese form of slow exercise that incorporates meditation with powerful deliberate move-ments. This class will promote healing and prevent injuries while increasing your range of motion and breathing. Participants will work on improving mental focus, coordination, and overall health while helping ease arthritis.

**THIGHS, BUTTS & GUTS** - Thighs, Butts, and Guts class focuses specifically on the lower body and core muscle groups. Be prepared to use various types of resistance equipment, including weights, bands, body bars and body weight to increase the intensity and fun of working the lower body muscle groups as well as the abdominals and lower back.

**VINYASA FLOW** - This class is all about timing movements with your breathing. Our instructors will guide you through a smooth series of poses that synchronize into a dance-like flow. Vinyasa Flow is a great way to release tension and improve flexibility.

**PIYO** - Piyo is a hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement.

**ZUMBA** - This class is a high-energy dance party designed to expend energy and burn calories all while having fun and dancing to the beat of Latin-style music.