

## **MIND & BODY CLASS DESCRIPTION**

**Advanced Tai Chi\*\*\***- An in-depth study of Tai Chi, focusing on concentration and meditation. At least two years of practice in Tai Chi are required to attend this class.

**Beginner Tai Chi \***- Tai Chi is an ancient art that uses gently flowing movements to increase balance, coordination, flexibility, muscle strength, and relieve stress. This 60 minute class is geared toward learning the basic moves and foundations for a progression in Tai Chi.

**Body Barre\***-This 55-minute class fuses techniques from Pilates, Ballet Barre, Calisthenics, and Yoga. Strengthen and tone your entire body without adding bulk. This combination of exercises will create balance, posture awareness, flexibility and cardiovascular endurance.

**Chair T'ai Chi** is a gentle, safe and effective work out focusing on cultivating internal energy and strength. Chair T'ai Chi works to improve balance, coordination and helps to reduce stress. It will benefit seniors and people who are physically weak, recovering from injuries or illness or people who must be seated for long periods of time.

**Gentle Yoga\*\*** – a 60-minute yoga flow class that builds core strength, lower and upper body strength, and improves balance, posture awareness and flexibility.

**Mat Pilates** – a 55-minute class developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. Various props are used to enhance and intensify the workout.

**Pilates Reformer classes** – 55 minute classes done on the Pilates reformers to tone the core and muscles without adding bulk, improve posture and back strength and enhance balance. Classes and descriptions are on a separate Pilates Reformer schedule.

**PiYo Strength®** is an athletic blend of Pilates and Yoga. Enjoy this unique combination class to lengthen and strengthen your muscles.

**Senior Mat Yoga** will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. .

**Senior Chair Yoga** Learn the basic fundamentals of chair Yoga. Chair support is offered to safely learn the basic chair Yoga postures. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**STREAMLINE SCULPT\*\***- Burn calories, sculpt, and increase muscle tone, while shaping your muscles in 60 minutes. This class combines the core-focused strength of Pilates with the fluidity of Yoga style movements.

**Trauma and Stress Release Exercise** – This is a 30-minute, deeply therapeutic series of basic exercises that help to release chronic tension by evoking a muscular shaking process, followed by **Tactical Healing and Movement\***, a 60 minute yoga class designed for those suffering from anxiety, PTSD, trauma or everyday stress. Whether you are military, a first responder or civilian, you will learn how to release stored stress through movement and breathing techniques. **NO EXPERIENCE NEEDED.**

**Tai Chi\*\*** – 55 minutes of an ancient art that uses gentle flowing movements to increase balance, coordination, flexibility, muscle strength, and relieve stress. When practiced regularly, Tai Chi can increase energy and stamina with an overall increased sense of well-being. Knowledge of basic Tai Chi is recommended.

**Vinyasa Yoga\*\*\***- a more vigorous style of yoga in which yoga poses are linked together as a flow, with emphasis on building strength and flexibility. Previous yoga experience is highly recommended.

**Yoga Fundamentals\***- is a 60-minutes class for beginners. The fundamentals of yoga are building blocks for a strong yoga base. This is the place to start.

**Yoga Stretch and Meditation\***- The class starts with a gentle warm up followed by deep yoga stretches. The second part of the class involves guided meditations in comfortable positions to relax and renew the nervous system and refresh the body. This is the class for anyone who is stressed.

**Yoga Multi-Level\*\*** - 60 minutes of yoga for any level with gentle postures as well as coached methods for advanced strength and flexibility improvements.

**Yoga: In Stages Stage 1** - for the person with **NO YOGA EXPERIENCE**, participants will start as beginners, learning the basic concepts of yoga.

**Yoga: In Stages Stage 2** - for those members who have taken Stage 1 and/or those members who are ready for our Gentle Yoga class. Participants will experience a beginner to intermediate yoga flow class, building core strength, lower and upper body strength, and improving balance, posture awareness and flexibility.

**Yoga: In Stages Stage 3** - for those members who have taken both the Stage 1 and Stage 2 class and/or those members who are ready for our Yoga Multi-level class. Participants will experience an intermediate to advanced vinyasa flow class, while continuing to learn more advanced poses and improving on balance and core strength. Students will be ready to participate in any of our other yoga classes with confidence and knowledge.