



2020 Class Descriptions

Chair Yoga

Beginner friendly/Open to all skill levels. Find your yoga with the assistance of a chair. Be surprised how a chair can expand your practice.

Flow & Core

Intermediate/Advanced skill level. Vinyasa, the deep core, fun and motivating and nourishment for mind body & soul.

For ALL Yoga

Beginner friendly/Open to ALL skill levels. Traditional yoga format: centering, warm-the-body, asana, restorative, relaxation.

Gentle Yoga

Beginner friendly/Open to all skill-levels. Body, breath and mind connect to find the space needed for increased mobility and flexibility.

Happy Friday Yoga

Beginner friendly/Open to ALL skill levels. \$5 for this social class. Traditional poses in a differing format each week.

Harmony

Intermediate skill level. Vinyasa & Restorative yoga in perfect harmony.

Mat Pilates

Beginner friendly/Open to ALL skill levels. Traditional Pilates movement on the mat.

Power Down Yoga

Intermediate skill level. Flow & hold.

Recharge & Restore

Beginner friendly/Open to ALL skill levels. Restorative yoga to prepare for your week.

Restorative Yoga

Beginner friendly/Open to ALL skill levels. This is the greatest place to start a yoga practice. You will experience sound bowls and/or gentle-massage.

Rise & Shine Yoga

Intermediate skill level. Moderate vinyasa/flow with a emphasis on strength, flexibility and focusing the mind.

T'ai Chi

Beginner friendly/Open to ALL skill levels. Balance. Stillness for you mind & body. Becoming aware of your body in the space around you. No Drop-ins.

Tone & Sculpt

Beginner friendly/Open to ALL skill levels. Strengthen the body using body-weight, tubes and more.

Yoga Therapy

Beginner friendly/Open to ALL skill levels. This class will include a full yoga practice for all abilities as well as education on a rotating cycle of areas of the body and any areas of the body of special concern.