

# **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.

## **Gentle Yoga**

This is a gentle class perfect for the beginner or as a way to wrap up a long work week. We will focus not only acquainting our bodies with a yoga practice but also re-energizing ourselves with a focus on a restorative 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.

## **MELT Method**

The MELT Method is a self-treatment technique that helps people eliminate the effects of accumulated stress such as loss of stability, balance and easy movement. This class will teach you how to assess where stress has accumulated in your body and how to reverse its painful effects. With the use of the MELT Method tools and instruction, you will have improved range of motion, increased energy and be able to return to activities you enjoy.

## **Yin Yoga**

A 75 minute yoga class consisting of postures on the floor that are held for an extended period of time. Yin Yoga helps improve flexibility and uses longer holds to get beyond the muscle tissue into the connective tissue, the fascia of the body - it's a great class for men and perfect for athletes! Yin Yoga is designed to literally open the body up, peeling away layers of stress, injury, and tension that reside within.

## **TRX Cardio Circuit**

We've decided to combine the popular TRX suspension training with other forms of resistance and cardiovascular work to create the ultimate muscle stimulating and fat burning circuit workout! TRX is a wonderful way to challenge your core stability and strength. It's also fun! Add to this a series of alternating resistance and cardio circuits, and you have a fast paced and ever changing exercise session that will keep your attention!

## **Muscle Madness**

Do you crave variety in a class or workout session? Do you enjoy Kettlebells? Body Bars? Medicine Balls? Free Weights? You will use and benefit from them all during this hour long strength/cardio session set to great music! We welcome all ability levels, from beginners to advanced. Join us now and let your trainer Mindy Robinson, progress you towards physical nirvana!