

# 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.

## 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.

## 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!