

VIDEO CLASS DESCRIPTIONS

PILATES

Pilates 1: Open Level

Beginner class for the basics of breath, pelvic placement, and engaging the core effectively. You will learn to strengthen your body through the beginning Pilates mat series in addition to releasing feet, shoulders, and back. If you'd like a more specialized workout or have an injury, you can request a one-on-one mat workout.

Pilates 2: Intermediate Level

A class that creates a flow with the Pilates mat series. This class will guide you through safe and effective exercises that will be a more challenging workout.

STRENGTH TRAINING

Get Fit While You Sit: Beginner/Open Level

Class designed for people who need work on their balance and may find it easier to stand or work from a chair than to do floor exercises. Great for foot/knee/hip injuries, scoliosis, and seniors.

Tune-Up: Open Level

In this class we will stretch tight muscles and activate the not-so-active ones. The main focus will be on increasing control in your joints. It will leave you feeling looser, energized, and more stable.

Core Class: Beginner to Intermediate Level

This class takes into consideration the deep connections between the muscles of the rib cage, abdominals, lumbar and thoracic spine, and pelvis. In this class, you will add more progressive techniques to your basic core training and learn how your body mitigates force and works as a unit. Anyone can benefit from this class.

Total Body Strength: Intermediate Level

Equipment needed: light to medium dumbbells or bands. If you don't have dumbbells or bands, you can use water bottles.

In this class, we will focus on burning fat and creating lean muscle, working on core, upper body, and lower body. The perfect full-body workout—no gym required!

Afterburn: Intermediate to Advanced Level

An interval-based full-body strength and cardio class focused on increasing calorie burn both during and after your workout. A great way to release tension and increase endorphins.

YOGA

30-Minute Stretch Class: Open Level

Equipment needed: stretch strap/belt/towel; foam roller if available.

This class is a soft stretch class tailored to mobilize your muscles and release tension. A perfect way to unwind and alleviate stress.

Yoga 1: Open Level

Equipment needed: yoga block. If you don't have a yoga block you can use books.

This class is a restorative yoga class designed to focus on five or six poses with correct alignment and breath. You will leave this class feeling calm and rejuvenated.

Yoga 2: Intermediate Level

Equipment needed: yoga block. If you don't have a yoga block you can use books.

This is a Vinyasa flow class, designed to move your body through a sequence of poses that align with your breath.

HOME EXERCISE KIT

Exercise Loops

36" Foam Roller

Red Strength Band

Yoga Block

Yoga Mat