

Class Descriptions

asana Foundations (AF): A 'back to basics' and gentle interactive class: A great place to begin or come back to any time you feel you need a tune up. You can start here to gain a feel for what yoga is, and you can hang here forever to continue to find tools that will deepen your practice. You will also learn techniques to protect and nurture your back. A safe place to recoup from injuries with focus on alignment and building a strong foundation for all postures while also developing strength in the more basic postures to prepare for the more intense postures. Confidently learn and remember the importance of breath and proper alignment. Modifications are given to those who need to move slower and are injured as well as those who just want to gain a better understanding of the postures. Class concludes with an emphasis on resting and relaxing that targets opening and restorative postures challenging you to be present with your breath to foster a focus on releasing connective tissue for increasing flexibility and mobility in the body with long supported holds.

A beginner and senior friendly class but suitable for all levels of experience. 60 minutes

asana 1 (A1): Intro to Power Vinyasa Flow. A great class for beginners. Taught at a slow-pace with core strengthening. Postures are broken down and demonstrated, with emphasis on alignment, breath, balance and intention. All Levels. 60 min.

asana 2 (A2): Hour of Power. A Powerful flowing method of breath to movement. This class offers more intermediate to advanced postures for students ready to take the next step in their journey. This practice detoxifies, heals and invigorates the body, mind and spirit. Intermediate to Advanced levels. 60 min. HEATED

asana Sculpt (AS): A total body workout designed to tone and sculpt every major muscle group. Flow through sun salutations and other yoga postures incorporating cardio and core work using hand weights, exercise bands, etc. All levels. 60 min. HEATED

Ashtanga Hour (ASH): An hour introduction to the ancient hatha sequence of asanas (poses) and vinyasa (movement combined with specific breathing techniques) that purify the body as well as the mind with a vigorous and athletic practice. A challenging, fluid method of Yoga which involves synchronizing the breath with a progressive series of postures, producing internal heat intended to purify and detox muscles and organs. The result is improved circulation, increased strength and flexibility resulting in a light strong body, and a calm mind. All levels welcome though it can be vigorous. All Levels. 60 min.

Cardio Sculpt (CS): A fun class that alternates between cardio intervals (High Intensity Interval Training/HIIT) and sculpting moves to transform your body into a long lean physique. Please wear soft soled shoes and a mat. All Levels. 60 min.

Forrest Yoga (FY): Deep breathing, vigorous pose sequencing and longer posture holds increases strength, flexibility and builds strong abdominal muscles. Forrest Yoga focuses on healing and growth of the physical and emotional bodies and is based on the teachings of Ana Forrest. All levels. 90 min. WARMED

Hot YIN (HYIN): Begin with challenging (yang) postures followed by a series of passive (yin) postures utilizing long holds to deeply stretch the connective tissue and fascia. Perfect balance to increase strength and flexibility. All Levels. 60 min. HEATED

Hot Yoga (HY90): This moving meditation begins with pranayama deep breathing to oxygenate and energize the body. A set sequence of asana that systematically massages and stimulates every muscle, gland and organ flushing all the anatomical systems. Each asana is performed at a slow easy pace and prepares the body for the next, encouraging strength, flexibility and balance. An integrative (mind, body & spirit) series that leaves you feeling energized and relaxed at the same time allowing you to truly connect with your physical body and clear your mind. All Levels. 90 min. HEATED

Hot Yoga (HY60): The same principles and practice as our 90 minute series, just a shorter version. Postures are performed only once. A great place to prepare for the full (90 minute) series or as an option for a shorter practice if desired and/or needed. All Levels. 60 min. HEATED

Hot Power Fusion (HPF): A blend of the healing postures of Hot Yoga, adding movements from the core with the strengthening flow of Vinyasa. All levels. 60 min. HEATED

Pilates Mat (P): Pilates dramatically transforms the way your body looks, feels and performs. Build strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. It teaches body awareness, good posture and easy, graceful movement. Pilates improves balance, flexibility, strength and agility. Elongates and strengthens, improving muscle elasticity and joint mobility. Develop a strong core - and a strong back. It can even help alleviate back pain. Invaluable for injury recovery, sports performance, good posture and optimal health. All levels. 60 min.

Zumba® (Z): Zumba® fuses hypnotic rhythms and easy to follow moves to create a dynamic fitness program while experiencing an absolute blast with caloric-burning and body-energizing movements. Choreographed routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Burn 500-800 calories in one fun filled hour! Please wear soft soled shoes (example: athletic/dance). All levels. 60 min.