

MIND-BODY CLASSES

Mind-Body classes are a great way to unite the mind and the body through work and relaxation. Classes combine breathing and stretching with basic fitness principles.

Kundalini Yoga: This traditional style yoga offers a unique combination of meditation and breathing. The techniques introduced in this class will clear the mind, build energy and endurance, and challenge participants.



Yoga Flow: This class provides a physical journey of flowing movements and controlled breathing while holding routine postures. Participants will relieve stress and bring peace to their hearts, minds and bodies through movement.



FitYoga: This class uses poses and stretches combined with basic fitness principles to challenge fitness enthusiasts. FitYoga participants will increase heart rate, break a sweat, challenge and tone the muscles, and experience relaxation.



Gentle Yoga: This gentle form of yoga integrates postures, breathing, relaxation and meditation to harmonize the mind, body and spirit.



Yoga 101: Yoga 101 is geared toward teaching participants proper body alignment, breathing and muscle control with a focus on safety. This class is held the first six weeks of the semester. **(30 MINUTES)**



Pilates: Pilates offers the opportunity to strengthen the abs and lengthen the upper and lower body within a 60-minute workout session. Pilates will freshen up any routine and reenergize the body, while enhancing strength and flexibility.



Pilates 101: Pilates 101 is designed to thoroughly familiarize each participant with the fundamentals of Pilates, emphasizing strength and flexibility. This class is held the first six weeks of the semester. **(30 MINUTES)**

