VINYASA YOGA
Ages 16 and older
A dynamic and fluid style of yoga that seamlessly links breath with movement, creating a continuous flowing sequence of poses. The transitions between postures are as important as the poses, encouraging a meditative and mindful experience. Vinyasa will enhance physical strength, flexibility, balance and cultivate a sense of inner focus and presence.

- **83150** Mar. 5-26
- Tuesday 7-8 a.m.
- $25 ($20 Resident)

HATHA YOGA
Ages 16 and older
Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened and energized. Stress reduction and breathing techniques are used for total wellness.

- **83170** Mar. 7-28
- Thursday 7-8 a.m.
- $25 ($20 Resident)

RESTORATIVE YOGA
Ages 16 and older
Restful practice that holds poses for a longer duration. Deep reexalation that emphasizes the meditative aspect of yoga, the union of body and mind.

- **83174** Mar. 16-30
- Saturday 9:15-10:15 a.m.
- $20 ($15 Resident)
MORNING MOVEMENTS
Burn stress! Burn calories! Gain strength!
45 minutes of strength work
45 minutes of dance cardio
• Strength Training
  • Monday, Wednesday and Friday
  • 9:30-10:15 a.m.
• Dance Fitness
  • Wednesday and Friday
  • 10:30-11:15 a.m.

CARDIO REMIX
Get ready for a 60-minute calorie torching, music-pumping, sweat infused Remixed Cardio workout, designed to burn fat and leave you feeling energized. You’ll work up a sweat, tone your body and increase your stamina with a variety of moderate to high intensity movements. You’ll also feel those muscles burn with an added dash of strength training mixed in.
• Tuesday, 6-7 p.m.
• Saturday, 10:30-11:30 a.m.

BARBELL BLAST
Focusing on barbells and free weights, this class will challenge your strength while elevating your cardiovascular fitness. This class will target your entire body, upper, lower, and core
• Monday, 6-7 p.m.

BODYWEIGHT BURN
If you want a killer, no-equipment, total body workout, this class is for you! You will work your entire body with cardio, strength and core exercises. Enjoy the burn!
• Wednesday, 6-7 p.m.