

Class	Equipment Required or Preferred	Description
Fascial Stretch-Inspired Pilates (1 hour/\$16)	Floor Mat	MOBILIZE YOUR FASCIA & JOINTS A blend of Mat Pilates exercises with a focus on stretching and mobilizing your fascia and joints.
Mindful-Based Strength Training (1/2 hour/\$9)	Floor Mat, Hand weights (light, and heavier weight), Physioball, chair, or table	IMPROVE YOUR STRENGTH Uses hand weights and a physioball, chair, or table to be able to modify pushups, etc.
Yoga with an exploration of the chakras (1 hour/ \$16)	Floor Mat (chair and block are optional)	IMPROVE YOUR BODY, MIND AND LEARN ABOUT THE CHAKRAS A little slower than intermediate yoga. An exploration of the chakras.
HIIT (1 hour/\$16)	Floor Mat, Hand weights (light, and heavier weight (Ex: 8 lbs. & 15 lbs./ 5 lbs. & 10 lbs.) Physioball, or sturdy chair	READY TO SWEAT??? Pretty high intensity class for additional heart health. I will show lower impact modifications as available.
Intermediate Level Yoga (1 hour/\$16) (with foam roller, Wednesday class only, class is 75 min)	Floor Mat, Chair and blocks are optional Foam Roller (Wed. class only)	FOR YOUR BODY AND MIND. NAMASTE! Presumes knowledge of yoga and some joint mobility and endurance to get into and hold standing poses for up to a minute. (Will show modifications using a chair, blocks, etc.)

<p>Mat Pilates (1 hour/\$16)</p>	<p>Floor Mat, Sturdy Chair</p>	<p>STRETCH AND STRENGTHEN Move with control and coordination. Class focuses on muscles of the core which span from hips to shoulders. Movements developed by Joseph Pilates; borrows from dance, yoga, and classic calisthenics.</p>
<p>Yoga with Balance/Strength (1 hour/\$16)</p>	<p>Floor Mat, Sturdy Chair</p>	<p>IMPROVE YOUR BODY, MIND, AND ALIGNMENT A little slower than intermediate yoga with more focus on balance exercises and alignment instruction for optimizing strength gains from poses</p>