

Class	Equipment Required or Preferred	Description
<b>Mindful-Based Strength Training</b> (1/2 hour/\$8)	Floor Mat, Hand weights (light, and heavier weight), Physioball, chair, or table	<b>IMPROVE YOUR STRENGTH</b> Uses hand weights and a physioball, chair, or table to be able to modify pushups, etc.
<b>Body &amp; Brain Fitness</b> (1/2 hour/ \$8)	Floor Mat, Chair (sturdy chair is optional)	<b>IMPROVE MOBILITY, STRENGTH, BALANCE &amp; COORDINATION</b> Done standing or sitting in a chair. Use body weight exercises and movement patterns that challenge the body & your brain. Fun and effective!
<b>HIIT</b> (1 hour/\$15)	Floor Mat, Hand weights (light, and heavier weight (Ex: 8 lbs. & 15 lbs./ 5 lbs. & 10 lbs.) Physioball, or sturdy chair	<b>READY TO SWEAT???</b> Pretty high intensity class for additional heart health. I will show lower impact modifications as available.
<b>Intermediate Level Yoga</b> (1 hour/\$15)  (with foam roller, Wednesday class only, class is 75 min)	Floor Mat, Chair and blocks are optional  Foam Roller (Wed. class only)	<b>FOR YOUR BODY AND MIND. NAMASTE!</b> 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><b>Mat Pilates</b> (1 hour/\$15)</p>	<p>Floor Mat, Sturdy Chair</p>	<p><b>STRETCH AND STRENGTHEN</b> 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><b>Yoga with Balance/Strength</b> (1 hour/\$15)</p>	<p>Floor Mat, Sturdy Chair</p>	<p><b>IMPROVE YOUR BODY, MIND, AND ALIGNMENT</b> A little slower than intermediate yoga with more focus on balance exercises and alignment instruction for optimizing strength gains from poses</p>