

GROUP CLASS DESCRIPTIONS

QI GONG - In this Chinese take on Yoga, Qi Gong uses gentle repetitive movements to allow chi (energy) to flow through the body. Qi Gong has a plethora of benefits; including better energy levels, increased range of motion, increased flexibility, better digestion, and pain reduction. Qi Gong is usually practiced outside, weather permitting, because of its emphasis on connecting with the energy of nature. **TEACHER: SCOTT**

BREATHING AND MEDITATION - In the first half of the class, participants will implement breathing techniques to slow and calm the mind and body to prepare for seated meditation. In the second half of the class, sit for meditation--you can use your own technique or the one suggested by the teacher. Meditations will be drawn from many traditions **TEACHER: SCOTT**

YOGA SCULPT (HEATED) - You'll have fun and get strong in this upbeat yoga/fitness class. You are guaranteed to break a sweat, let go of any stressors, and have fun while moving to the beat of the music. Think a little bit of yoga, meets full-body sculpting, and a whole lotta sweat! Beginners are welcome! **TEACHER: JACQUELINE**

FLOW YOGA (HEATED) - This class will cycle through centering, warmup, flowing, bodyweight movement, and warm-down. Accessible to all levels, you'll get a full workout while tuning in to your body and breath. **TEACHER: JESS**

WATER AEROBICS - Classes are targeted to the demographic being taught. No experience needed. Great for low impact on body & joints. Each class is a little different from the last one. **TEACHER: KERRI**

CORE - Core introduces unique core exercises, balancing mobility and stability, and incorporates interactive partner training. **TEACHER: RAY**

PILATES - This contemporary pilates mat class is functional fitness for anyone, any body, at any fitness level. Mat classes encourage using one's own body weight against gravity to strengthen and lengthen muscles and gain spinal and joint mobility through slow controlled movement following breath. Pilates has a reputation for core strengthening and core stabilization as every movement is initiated with breath from the center. Join physical therapist Amanda Fitzgerald where movement is your medicine. **TEACHER: AMANDA**

YOGA WITH KAITLYN - My flows are always different, challenging, and fun. I'm here to teach you how to bring your mind and body together through breath and movement. As a child of the moon and lover of the cosmos, classes are typically themed around the celestial powers above.

THERAPEUTIC YOGA - A class designed with all bodies in mind. This class will be a flow like movement class that combines basic body mechanics and posture awareness, with mobility and strength training, breath work and MFR techniques. Some of the movements will resemble poses from Yoga, Pilates and other forms of movement practices. Open to beginners and people with limited mobility. **TEACHER: JENN**

HIIT + YOGA - Cycle through high intensity interval training circuits and cool down with a yoga flow. Stretch + sweat in a compact 60 minutes. **TEACHER: MARK**

MID-DAY RESET MEDITATION: SITTING IN STILLNESS - Realign and Reset your clarity and energy for the rest of the day by simply stepping into the sacred space of stillness. 30 minutes. No prior meditation experience necessary. **TEACHER: GAEL**

MID-DAY RESET MEDITATION: SPREAD INTO THE HORIZON - A midday horizontal practice for refreshing body, energy and mind. 30 minutes. No prior meditation experience necessary. **TEACHER: GAEL**

CANDLELIT FLOW YOGA (HEATED) - Flow Yoga with Jess Huneycutt. This class will cycle through centering, warmup, flowing, bodyweight movement, and warm down. Accessible to all levels, you'll get a full workout while tuning in to your body and breath. **TEACHER: JESS**

YOGA WITH LAUREN - Flow based Vinyasa with an emphasis on mindfulness, mind-body connection and kindness. You can expect a welcoming environment and inspiring atmosphere with a class focused on strength, flexibility, mindful meditation and a goal to challenge ourselves mentally and physically.

YOGA 101 - Designed with the beginner in mind, no experience preferred. Explore the possibilities of what yoga can offer you! All ages and abilities. **TEACHER: JESS**

BEGINNER'S MEDITATION (FREEE) - A short, sweet, and easy step into the world of mindfulness and meditation. No experience, no problem! **TEACHER: JESS**

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HIIT (HEATED + NON-HEATED) - High Intensity Interval Training includes circuits made up of timed movements. Instead of counting reps, there will be a timer counting down so you know when to switch. With gentle instruction from Mia, you'll be guided through a (insert length of class) minute class that will leave you feeling strong, energized, and sweaty. **TEACHER: MIA**

NEW MOON SOUND BATH - Let's welcome The New Moon + beginning of a new lunar cycle in conscious community and reflection. Please join us for a sound bath experience, intention setting and guided meditation led by Align with Lani. We encourage you to dress comfortably and bring a blanket, pillow, eye cover and journal if you feel led. **TEACHER: LANI HALE**