



Class Descriptions—All classes have separate sign in sheets in or at the classroom.

TOTAL BODY CONDITIONING (Ñ)

workout. Using resistance bands, body bars, handheld weights and fit balls, you will tone and sculpt your major muscle groups in this energetic class. Stretching is included to complete this total body

FULL FLOW YOGA (Ñ)

The gentle continuous flow of Asana poses incorporates breath, movement, and meditation. A basic knowledge of yoga postures is recommended for this class. **Also known as Yin yoga Yoga.**

GENTLE YOGA (Ñ)

Focus is on breath, releasing deeper tissues, and increasing pelvic and core strength, suitable for all levels. May include relaxation and meditation.

MIND & MUSCLE (Ñ)

This 50-minute systemic cardio workout combines upper body strength with lower body movements to provide maximum fat-burn -designed for all fitness levels. **Fitness shoes are a MUST!**

RESTORATIVE YOGA (Ñ)

Gentle, rejuvenating, relaxing yoga postures with an emphasis on Pranayama practice.

SONORAN STRETCH (Ñ)

A combination of static and rhythmic movements designed to increase flexibility and stability for improved range of motion.

VINYASA YOGA^{YS} (o)

A vigorous workout for the experienced yoga practitioner or athlete. Emphasizing movement, strength and focus; a high intensity flow sequence combined with advanced postures provides for an exhilarating 50 minute class.

YIN-YOGA (Ñ)

Appropriate for all levels, Yin Yoga focuses on the connective tissue, tendons, ligaments, bones and joints. Holding specific postures to create suppleness in these areas also allows for inner focus and stillness; a healthy balance to the rigors of daily life.

ZUMBA (Ñ)

Zumba is a fusion of Latin and International motivating music combined with unique dance and fitness moves. The fast and slow rhythms of the intervals burns calories while the sculpting movements tone and shape your body. This class can be a high intensity, calorie burner!

All classes and lectures are complimentary and are 50 minutes in length, unless otherwise noted. **SUBJECT TO CHANGE ANY TIME**

For your safety and for the courtesy of other guests, classes are closed 5 minutes after their scheduled start time.

Class Keys

Ñ All levels: The instructors will provide guidance for all participant levels in these classes.

(o) Advanced: If you have been participating in group exercise for some time and are proficient in performance.

Holiday Schedules will be posted Separately.