



Note: All classes are 55mins unless otherwise noted, bring water!

For the yoga & PiYo classes, bring your yoga mat. We have foam mats for classes with floor work.

All Levels Yoga -

Recommended for any level of student and beginners are welcomed!

- Postures are practiced to align, strengthen and promote flexibility in the body.
- Breathing techniques and mindfulness meditation are also integrated.
- Expect an emphasis on structural alignment, strength building, and finding release within movement.
- Bring your yoga mat, barefoot class.

Core Pilates -

This class is more than your classic mat Pilates class.

- Focus on centering the mind and body through core exercises used in dance and yoga, mat Pilates techniques and breath work.
- Enhance your posture, alignment, and strengthen your body's "powerhouse."
- Use mostly bodyweight exercises and resistance bands.
- No shoes

Power & Pump -

A total body workout, set up in stations.

- Use body weight & weighted exercises (hand weights):
 - Get toned
 - Increase strength and endurance
- Each workout is different and will get your heart rate up!
- A challenging workout for all fitness levels
- Wear shoes!

Complete Core -

The name says it all!

- A concentrated abdominal workout
- Designed to develop strength and endurance in your core
- 30 minutes is all the time it takes to get those abs you've been looking for!
- No shoes

PiYo®-

A total-body fitness system designed to whip you into shape from head to toe.

- Combines:
 - Muscle-sculpting, core-firming benefits of Pilates
 - Flexibility advantages of yoga
- A true fat-burning, low-impact workout
- Leaves your body looking long, lean, and incredibly defined.
- Bring your yoga mat, barefoot class.

Barre 2 the Beat-

Combining dance and Pilates this class includes:

- Intermittent blasts of cardio.
- Movements inspired by barre dance, without the barre
- Use of isometric exercises, weights, resistance bands, stretching, breathwork.
- Sculpt long and lean muscles.
- No dance experience needed.
- Burning calories while having fun.
- Wear shoes!

Buti Yoga-

This dynamic yoga practice intuitively blends:

- Primal movement
- Cardio bursts
- Vibration

Tone the body - physical, emotional + spiritual.

- Dynamic Asana + Deep Abdominal Toning + Cardio-intensive Dance.
- Bring your yoga mat, barefoot class.