

| Class | Equipment Required or Preferred | Description |
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| Fascial Stretch-Inspired Pilates (1 hour/\$15) | 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/\$8) | 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. |
| Body & Brain Fitness (1/2 hour/ \$8) | Floor Mat, Chair (sturdy chair is optional) | IMPROVE MOBILITY, STRENGTH, BALANCE & COORDINATION Done standing or sitting in a chair. Use body weight exercises and movement patterns that challenge the body & your brain. Fun and effective! |
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| HIIT (1 hour/\$15) | 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/\$15) (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.) |

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| <p>Mat Pilates (1 hour/\$15)</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/\$15)</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> |