

# IN-PERSON GROUPX YOGA & FITNESS PASS

WINTER 2025 | JANUARY 6 - MARCH 16 | NO CLASSES ON 1/18 - 1/20, AND 2/15 - 2/17

UNLIMITED ACCESS TO DROP-IN TO ANY CLASS ON THE GROUPX SCHEDULE AS OFTEN AS YOU LIKE ALL QUARTER LONG.

RESERVATIONS FOR EACH CLASS OCCURRENCE RECOMMENDED BUT NOT REQUIRED. GO TO [SECURE.RECREATION.UCLA.EDU](https://secure.recreation.ucla.edu) TO SAVE YOUR SPOT FOR EACH CLASS.

RESERVATIONS FOR EACH CLASS ARE MADE AVAILABLE ONLINE STARTING 72 HOURS BEFORE A CLASS OCCURS ON A WEEK-TO-WEEK BASIS.

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
| <b>DESTRESS YOGA FLOW</b><br>L1/2, 11:00-11:55 AM<br>DYNASTY ROOM, JWC (ISABELLE)        | <b>TOTAL BODY YOGA FLOW</b><br>L2, 9:30-10:30 AM<br>DYNASTY ROOM, JWC (MARQUITA)              | <b>TOTAL BODY CHALLENGE</b><br>M3, 10:00-10:45 AM<br>PYRAMID ROOM, JWC (KATIE C.)     | <b>MAT PILATES</b><br>M2, 9:30-10:30 AM<br>PYRAMID ROOM, JWC (EMMY)                             | <b>YOGA FLOW &amp; RELAXATION</b><br>L2, 10:30-11:30 AM<br>DYNASTY ROOM, JWC (BRENDA)     |
| <b>YOGA SCULPT</b><br>L2/3, 12:00-12:50 PM<br>DYNASTY ROOM, JWC (ISABELLE)               | <b>TOTAL BODY YOGA &amp; SOUND BATH</b><br>L1, 10:45-11:45 AM<br>DYNASTY ROOM, JWC (MARQUITA) | <b>DESTRESS YOGA FLOW</b><br>L1/2, 11:00-11:55 AM<br>DYNASTY ROOM, JWC (ISABELLE)     | <b>TOTAL BODY YOGA FLOW</b><br>L2, 9:30-10:30 AM<br>DYNASTY ROOM, JWC (MARQUITA)                | <b>GUTS, BUTTS, &amp; THIGHS</b><br>L2/3, 11:45 AM-12:45 PM<br>DYNASTY ROOM, JWC (BRENDA) |
| <b>KICKBOX CARDIO &amp; CORE</b><br>M2, 12:05-12:55 PM<br>PYRAMID ROOM, JWC (COURTNEY)   | <b>YOGA SCULPT</b><br>L2/3, 12:05-1:00 PM<br>DYNASTY ROOM, JWC (BINNY)                        | <b>YOGA SCULPT</b><br>L2/3, 12:05-1:00 PM<br>DYNASTY ROOM, JWC (ISABELLE)             | <b>TOTAL BODY YOGA &amp; SOUND BATH</b><br>L1/2, 10:45-11:45 AM<br>DYNASTY ROOM, JWC (MARQUITA) | <b>VINYASA FLOW YOGA</b><br>L2, 2:00-3:00 PM<br>DYNASTY ROOM, JWC (KATE S.)               |
| <b>SPIN</b><br>L2/3, 1:00-1:45 PM<br>STUDIO 2314, JWC (DAHLIA)                           | <b>MAT PILATES</b><br>M2, 12:05-12:55 PM<br>PYRAMID ROOM, JWC (PETER S.)                      | <b>SPIN</b><br>L2/3, 12:10-12:55 PM<br>STUDIO 2314, JWC (JESSICA L.)                  | <b>SLOW FLOW YOGA</b><br>L2/3, 12:05-1:00 PM<br>DYNASTY ROOM, JWC (KATE S.)                     |   |
| <b>GUTS, BUTTS, &amp; THIGHS</b><br>M2, 3:30-4:30 PM<br>PYRAMID ROOM, JWC (KATIE C.)     | <b>WUDANG DRAGON GATE QI GONG</b><br>L1, 2:30-3:30 PM<br>GOLD ROOM, JWC (TOMM)                | <b>HIP HOP STEP AEROBICS</b><br>H3, 12:00-1:00 PM<br>PYRAMID ROOM, JWC (ALI)          | <b>MAT PILATES</b><br>M2, 12:05-12:55 PM<br>PYRAMID ROOM, JWC (PETER S.)                        | <b>SATURDAY</b>   |
| <b>HIP HOP BURLESQUE (DANCE CARDIO)</b><br>H3, 4:00-4:50 PM<br>DYNASTY ROOM, JWC (CAMMY) | <b>POWER YOGA FLOW</b><br>M2/3, 3:45-4:45 PM<br>DYNASTY ROOM, JWC (SWETHA)                    | <b>POWER YOGA FLOW</b><br>M2/3, 5:00-6:15 PM<br>DYNASTY ROOM, JWC (ISABELLE)          | <b>WUDANG DRAGON GATE QI GONG</b><br>L1, 2:30-3:30 PM<br>GOLD ROOM, JWC (TOMM)                  | <b>ZUMBA</b><br>M2/3, 12:00-1:00 PM<br>PYRAMID ROOM, JWC (KEIKO)                          |
| <b>POWER YOGA FLOW</b><br>L1/2, 5:00-6:15 PM<br>DYNASTY ROOM, JWC (ISABELLE)             | <b>SPIN</b><br>L2/3, 4:15-5:00 PM<br>STUDIO 2314, JWC (LEVY)                                  | <b>MAT PILATES</b><br>M2, 5:05-6:00 PM<br>PYRAMID ROOM, JWC (BRENDA)                  | <b>TOTAL BODY CHALLENGE</b><br>M2/3, 4:00-4:55 PM<br>PYRAMID ROOM, JWC (SAM F.)                 | <b>SUNDAY</b>   |
| <b>TOTAL BODY CHALLENGE</b><br>M2/3, 5:05-6:00 PM<br>PYRAMID ROOM, JWC (SARAH-TURAN)     | <b>BOOTY KICKIN BARRE</b><br>M2, 5:05-5:55 PM<br>GOLD ROOM, JWC (PAM)                         | <b>DANCE CARDIO PARTY</b><br>M3, 5:15-6:15 PM<br>GOLD ROOM, JWC (LAURA)               | <b>SPIN</b><br>L2/3, 4:15-5:00 PM<br>STUDIO 2314, JWC (FRANCESCA)                               | <b>YOGA FLOW &amp; RELAXATION</b><br>L2, 4:30-5:45 PM<br>PYRAMID ROOM, JWC (ANNABEL)      |
| <b>SPIN</b><br>L2/3, 5:30-6:15 PM<br>STUDIO 2314, JWC (JESSICA K.)                       | <b>WORLDANZ</b><br>M2, 5:00-5:55 PM<br>DYNASTY ROOM, JWC (KARRI)                              | <b>SPIN</b><br>L2/3, 5:30-6:15 PM<br>STUDIO 2314, JWC (JOSH)                          | <b>POWER YOGA + SCULPT</b><br>M2/3, 5:05-6:05 PM<br>PYRAMID ROOM, JWC (ANNABEL)                 | <b>HIPO HOP GROOVES</b><br>6:00-6:50 PM<br>PYRAMID ROOM, JWC (BRYAN)                      |
| <b>SPIN</b><br>L2/3, 6:35-7:20 PM<br>STUDIO 2314, JWC (FRANCESCA)                        | <b>TOTAL BODY CHALLENGE</b><br>M3, 5:00-6:00 PM<br>PYRAMID ROOM, JWC (JESSICA K.)             | <b>YOGA FLOW &amp; RELAXATION</b><br>L1/2, 6:25-7:25 PM<br>DYNASTY ROOM, JWC (BRENDA) | <b>DANCE CARDIO PARTY</b><br>M2, 5:05-6:05 PM<br>GOLD ROOM, JWC (CAMMY)                         | <b>SOUNDBATH STRETCH &amp; MEDITATION</b><br>L2, 6:30-7:30 PM<br>GOLD ROOM, JWC (JASPAL)  |
| <b>SPIN</b><br>L2/3, 7:45-8:30 PM<br>STUDIO 2314, JWC (AUTUMN)                           | <b>VINYASA FLOW YOGA</b><br>L2, 6:15-7:15 PM<br>PYRAMID ROOM, JWC (GRACE)                     | <b>SPIN</b><br>L2/3, 6:35-7:20 PM<br>STUDIO 2314, JWC (AUTUMN)                        | <b>SPIN</b><br>L2/3, 5:30-6:15 PM<br>STUDIO 2314, JWC (EMMY)                                    | <b>HIP HOP STEP AEROBICS</b><br>M3, 7:00-8:00 PM<br>PYRAMID ROOM, JWC (MIKAELA)           |
| <b>SENSAZAO (DANCE CARDIO)</b><br>H3, 6:00-6:50 PM<br>DYNASTY ROOM, JWC (XOCHITL)        | <b>SPIN</b><br>L2/3, 6:35-7:20 PM<br>STUDIO 2314, JWC (JESSICA K.)                            | <b>TOTAL BODY CHALLENGE</b><br>M3, 6:15-7:15 PM<br>PYRAMID ROOM, JWC (EMMY)           | <b>BOOTY KICKIN BARRE</b><br>M2, 6:15-7:15 PM<br>GOLD ROOM, JWC (GIANA)                         |   |
|  |   |   | <b>PIYO</b><br>M2, 6:10-6:55 PM<br>DYNASTY ROOM, JWC (COURTNEY)                                 |   |
|  |   |   | <b>YOGA FLOW &amp; RELAXATION</b><br>L1/2, 7:05-8:05 PM<br>DYNASTY ROOM, JWC (MAIA)             |   |
|  |   |   | <b>SPIN</b><br>L2/3, 6:35-7:20 PM<br>STUDIO 2314, JWC (LEVY)                                    |   |

## Important Notes

\*Go to [recreation.ucla.edu/groupx](https://recreation.ucla.edu/groupx) for more detailed information regarding the GroupX pass.

\*Schedule subject to change.  
Email notifications sent out for class cancellations and updates.

\*Yoga mats not provided.

\*View refund policies at: [recreation.ucla.edu/member-services](https://recreation.ucla.edu/member-services).

Cost: \$45/quarter  
Purchase required for participation.



## Workout Intensity Levels

Complexity of Choreography  
L Low M Medium H High

Exercise Intensity  
1 Low 2 Medium 3 High

# VIRTUAL GROUPX YOGA & FITNESS PASS

## WINTER 2025 | JANUARY 6 - MARCH 22 | NO CLASSES ON 1/18 - 1/20, AND 2/15 - 2/17

\*CLASSES ARE SUBJECT TO CHANGE. FOR QUESTIONS OR SUPPORT, EMAIL [FITWELL@RECREATION.UCLA.EDU](mailto:FITWELL@RECREATION.UCLA.EDU)

PLEASE READ IMPORTANT NOTES SECTION BELOW

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>FITBREAK MOVEMAIL LIVE</b><br>9:45-10:00 AM<br>ZOOM (KC)                    | <b>GENTLE YOGA &amp; MOVING MEDITATIONS</b><br>L1/2, 7:00-8:00 AM<br>ZOOM (KATHY)                           | <b>TOTAL BODY CHALLENGE EXPRESS</b><br>M2, 11:30 AM-12:00 PM<br>ZOOM (JACINTA) | <b>GENTLE YOGA &amp; MOVING MEDITATIONS</b><br>L1/2, 8:00-9:00 AM<br>ZOOM (KATHY) | <b>DANCE CARDIO &amp; CONDITIONING</b><br>M2, 12:10-12:50 PM<br>ZOOM (IKU)     |
| <b>TOTAL BODY CHALLENGE EXPRESS</b><br>M2, 11:30 AM-12:00 PM<br>ZOOM (JACINTA) | <b>TAI CHI &amp; QI GONG</b><br>L1, 11:30 AM-12:30 PM<br>ZOOM (PETER A.)                                    | <b>TOTAL BODY CHALLENGE EXPRESS</b><br>M2, 12:00-12:30 PM<br>ZOOM (JACINTA)    | <b>TAI CHI &amp; QI GONG</b><br>L1, 11:30 AM-12:30 PM<br>ZOOM (PETER A.)          | <b>FITBREAK</b><br>1:00-1:15 PM<br>ZOOM (IKU)                                  |
| <b>TOTAL BODY CHALLENGE EXPRESS</b><br>M2, 12:00-12:30 PM<br>ZOOM (JACINTA)    | <b>CHAIR YOGA FOR THE OFFICE</b><br>L1, 12:00-1:00 PM<br>ZOOM (KATHY M.)                                    | <b>YOGA</b><br>L1/2, 12:00-1:00 PM<br>ZOOM (STEPHANIE)                         | <b>CHAIR YOGA</b><br>L1/2, 12:00-1:00 PM<br>ZOOM (STEPHANIE)                      | <b>DEEP STRETCHING &amp; RELAXATION</b><br>L1, 4:00-5:00 PM<br>ZOOM (ISABELLE) |
| <b>YOGA</b><br>L1/2, 5:00-6:00 PM<br>ZOOM (STEPHANIE)                          | <b>YOGA &amp; MINDFUL ART</b><br>L1, 4:15-5:30 PM<br>ZOOM (ADINA)<br>(BRING PAPER, PEN AND COLORED PENCILS) | <b>DANCE CARDIO &amp; CONDITIONING</b><br>M2, 12:10-12:50 PM<br>ZOOM (IKU)     | <b>YOGA</b><br>L1/2, 1:00-2:00 PM<br>ZOOM (STEPHANIE)                             |  |
| <b>DANCE CARDIO PARTY</b><br>M2, 6:10-6:50 PM<br>ZOOM (MEGHAN)                 | <b>CARDIO HIP HOP</b><br>M2, 6:10-6:50 PM<br>ZOOM (CAMMIE)  | <b>FITBREAK</b><br>1:00-1:15 PM<br>ZOOM (IKU)                                  | <b>MAT PILATES</b><br>M2/3, 6:10-6:50 PM<br>INSTAGRAM LIVE<br>@UCLAREC (PAM)      | <b>YOGA</b><br>L2, 9:30-10:30 AM<br>ZOOM (TIFFANY)                             |
|  |   | <b>CHAIR YOGA</b><br>L1, 1:00-2:00 PM<br>ZOOM (STEPHANIE)                      |   |  |
|  |   | <b>FITBREAK MOVEMAIL LIVE</b><br>2:05-2:15 PM<br>ZOOM (LIZ)                    |   |  |
|  |   | <b>DANCE CARDIO &amp; CONDITIONING</b><br>M2, 4:30-5:25 PM<br>ZOOM (CATHY)     |   |  |

### SATURDAY

### Important Notes

\*To receive Zoom Meeting IDs and Passcodes, you must register for a FREE FitZones membership at: [secure.recreation.ucla.edu](https://secure.recreation.ucla.edu) under Purchase Memberships.

\*Once registered, check your email for a confirmation receipt. Scroll to the bottom of the email to find schedule link. Schedule link will route you to a pdf schedule with Zoom info for all of the classes.

\*Schedule subject to change. Check for live updates using link at bottom of your confirmation receipt throughout the quarter.

View refund policies at: [recreation.ucla.edu/member-services](https://recreation.ucla.edu/member-services)



### Workout Intensity Levels

Complexity of Choreography  
 L Low M Medium H High

Exercise Intensity  
 1 Low 2 Medium 3 High

Instagram Live:  
[instagram.com/uclarec](https://instagram.com/uclarec)

## • • IN-PERSON GROUP FITNESS & YOGA PASS WORKOUT DESCRIPTIONS\*

### **BOOTY KICKIN BARRE**

Barre is a low-impact, medium intensity fitness class that blends ballet-inspired, yoga, and pilates strength training exercises to tone muscles, improve balance and flexibility, and target the core. Equipment often used can include fitness balls, the ballet barre, resistance bands, and light hand held weights to activate deeper muscles for a full-body workout. This method focuses on small, controlled movements that build endurance while promoting mind-body connection and posture alignment. Classes are typically done barefoot or with grippy socks, allowing you to stay grounded and stable while you feel the burn!

### **DANCE CARDIO & CONDITIONING**

A fun dance cardio workout integrated with conditioning exercises like squats, lunges, push-ups and more. Enjoy easy to follow dance choreography in a variety of styles to a wide range of fun music hits!

### **DANCE CARDIO PARTY**

A fun dance cardio workout incorporating a variety of dance styles, movements and popular music hits. Enjoy getting a cardiovascular endurance workout while having fun dancing it out!

### **DESTRESS YOGA FLOW**

A Yoga vinyasa class focused on breath, fluid movement and meditation. You will release stress & anxieties, calm your mind and rejuvenate your body. You will also learn secrets and techniques for everyday stress reduction.

### **GUTS, BUTTS & THIGHS**

This class focuses on the midline, legs and glutes for an amazing workout utilizing your bodyweight and optional weight.

### **HATHA VINYASA YOGA FLOW**

A hatha vinyasa yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. Pairing poses "asanas" with breathing techniques "pranayama," this class is slightly slower paced and focused on proper alignment.

### **HIP HOP GROOVES**

A hip-hop dance-fitness class. Dance along to funky, adrenaline-based urban beats from around the world with easy-to-follow choreography so that everyone, everywhere has the potential to get their Jam on.

### **HIP HOP STEP**

This extremely fun, high-energy cardio workout combines hip hop choreography with traditional step aerobics. Have a blast dancing on the step to old and new school hip hop music. Get ready to sweat, step and groove! Taught by Master Trainer Ali Hassan.

### **KICKBOX CARDIO & CORE**

Kickbox Cardio & Core is a mixed martial art inspired group fitness format that incorporates punches and kicks from various disciplines such as karate, Muay Thai, traditional boxing and more. This is a workout that will improve your cardiovascular and muscular endurance as well as improve your reaction speed and agility.

### **MAT PILATES**

Pilates consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

### **PIYO**

The perfect combo of Yoga and Pilates based moves, set to upbeat music.

### **POWER YOGA FLOW**

Power Yoga Flow is an energetic, fast-paced flow with quick transitions and an emphasis on building strength. Modifications will be offered for all levels, but it is recommended that you have practiced yoga before. Participants will have the opportunity to practice more advanced postures, a core series, and deeper variations.

### **POWER YOGA & SCULPT**

Power yoga flow, plus moderate, optional weight lifting with dumbbells, and cardio conditioning. Great for improving cardiovascular health and muscular endurance. Let's sweat!

### **RESTORATIVE YOGA & SOUND BATH**

Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being, and resilience. At the end of the class there will also be a sound bath using crystal singing bowls designed to immerse you in soothing sound waves to assist you in fully letting go of any stress and bringing you into a state of deep peace. Overall, this class will rebalance your energy and help to restore physically, mentally and emotionally.

### **SENSAZAO**

Sensazao is a fun, cardio-intensive dance workout that blends the infectious energy of international street dance with the rhythms of samba. Whether you're looking to improve your fitness, find a new way to express yourself, or simply have fun, this class offers an unforgettable experience. All levels are welcome - come and discover the Sensazao of dance!

### **SLOW FLOW YOGA**

Slow Flow Yoga teaches a slower, longer, mindful warm-up that helps you really attune to each moment and be more aware of the muscles each pose activates, strengthens, and lengthens. You'll start low to the ground and use your breath at a lavishly slow pace. As you make your way to standing, you'll create heat, energy, and a slightly faster flow. Then, the movements and poses will slowly wind back down until final resting pose. This is a great class for improving intentionality, staying with sensation, cultivating a calm mind, and practicing being present.

### **SPIN**

Spin is a cycling class on a stationary bike designed to accommodate all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. Get your sweat on to time or music-based aerobic endurance conditioning and anaerobic interval training motivated by expert instruction! Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

### **TOTAL BODY CHALLENGE**

A total body strength training/anaerobic class using your own bodyweight and optional weights, tubes, bands, balls, or other common household objects for resistance. Get strong and have fun!

### **TOTAL BODY YOGA FLOW**

A dynamic, active yoga class that targets the primary muscle groups of the whole body from head to toe including shoulders, chest, upper back, lower back, hips, glutes, hamstrings, quads and calves. This class begins with warm-up movements to build heat and prepare for the flow and ends in meditation and a final relaxation.

### **TOTAL BODY YOGA & SOUND BATH**

A dynamic, active yoga class that targets the primary muscle groups of the whole body from head to toe including shoulders, chest, upper back, lower back, hips, glutes, hamstrings, quads and calves. This class begins with warm-up movements to build heat and prepare for the flow and ends in meditation and a final relaxation with a crystal bowl sound bath.

### **WORLDANZ**

Worldanz is a high-intensity kinesthetic fitness program that exposes participants to a compelling range of dance forms and musical styles. Worldanz works to expand the dancer's skill set through its distinct incorporation of unique movement challenges and dance rhythms. It's designed to challenge the strongest of athletes while still being available to anyone wanting to move, learn and play.

### **WUDANG DRAGON GATE QI GONG**

Taught by Holistic Health Expert & World Champion Martial Artist Tomm Voss. This class begins with relaxation exercises and a guided meditation, connecting to your life force, cultivating a state of gratitude, happiness and relaxation. The practice then unfolds with a combination of soft stationary and dynamic movements with harmonious synchronized breathing. As the class concludes, you are guided through a self-administered energy massage, utilizing your own Qi (Chi) to clear any blockages and release lingering stress and tension, feeling calm, serene, present, and revitalized.

### **YOGA FLOW & RELAXATION**

Similar to Yoga Flow (hatha vinyasa) but with a little extra time at the end for restorative poses and relaxation. This class will include segments of flow, longer holds in chosen poses for greater mobility, flexibility, and strength, as well as restorative poses and relaxation at the end of class. Great for increasing flexibility, strength while also getting a little time to rest and recharge.

### **YOGA SCULPT**

Power yoga flow, plus moderate, optional weight lifting, and cardio conditioning. Light weights, water bottles, canned goods are all acceptable. Let's sweat!

### **ZUMBA**

A dance workout of Latin and World rhythms designed to boost your energy, bring people together and have fun while getting fit.

## • • VIRTUAL GROUP YOGA & FITNESS PASS WORKOUT DESCRIPTIONS\*

### **CHAIR YOGA FOR THE OFFICE**

A gentle yoga flow mostly done while sitting in a chair and utilizing a desk or table. For some movements standing will be optional. Modifications provided for all abilities.

### **DANCE CARDIO PARTY**

A fun dance cardio workout incorporating a variety of dance styles, movements and popular music hits. Enjoy getting a cardiovascular endurance workout while having fun dancing it out!

### **DANCE CARDIO & CONDITIONING**

A fun dance cardio workout integrated with conditioning exercises like squats, lunges, push-ups and more. Enjoy easy to follow dance choreography in a variety of styles to a wide range of fun music hits!

### **DEEP STRETCHING & RELAXATION**

Unwind, stretch, breathe, and center yourself in this stress relieving class and learn a variety of mindful meditations (yoga, breathing, body scans, walking in place).

### **DESTRESS DANCE BREAK**

Take a 10-minute break from work, release stress, and have fun dancing! Easy-to-follow moves combined with segments of free-form flow to inspiring music. Uplift your spirits, get your blood flowing, and heart pumping while you work out all the little kinks in your joints and muscles so you can return to work feeling refreshed and motivated.

### **FITBREAK**

Fit Breaks are short movement breaks designed to help you re-energize, stretch tight muscles, alleviate tension from repetitive movements, and connect with your body. Relieve stress, Increase mobility, and improve mood with movement! Perfect for boosting team comradery while helping everyone stay healthy and active during the work week.

### **GENTLE YOGA & MINDFUL ART**

Gentle Yoga and Mindful Art is an exploration of creative expression through movement and visual arts. Rooted in yogic philosophy, we will deepen our yoga practice and drop into the present moment through mindful art. This is an opportunity to slow down, tap into your senses, and allow your true self-expression to surface. Along with your lovely self, please bring a yoga mat, yoga props, blank paper, and simple drawing and coloring tools.

### **GENTLE YOGA & MOVING MEDITATIONS**

A blend of yoga poses and rhythmic movement sequences that are gentle on the body and thoroughly mobilize and energize you for the day.

### **MAT PILATES**

Pilates consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

### **TAI CHI & QI GONG**

The ultimate purpose of tai chi is cultivate the "qi" or life energy within us to flow smoothly and powerfully throughout the body. These smooth and flowing movements improve balance, coordination, strength and overall well being.

### **TOTAL BODY CHALLENGE EXPRESS**

A total body strength training/anaerobic class using your own bodyweight and optional weights, tubes, bands, balls, or other common household objects for resistance. Get strong and have fun!

### **TOTAL BODY WORKOUT**

A total body strength training/anaerobic class using your own bodyweight and optional weights, tubes, bands, balls, or other common household objects for resistance. Get strong and have fun!

### **YOGA**

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.

### **YOGA FLOW**

A hatha vinyasa yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. Great for increasing flexibility while also improving muscular strength and endurance.