



## **Yoga, Pilates, Tai Chi and Walking Class Descriptions**

**Beginner Yoga** : Focus is on the basics, learn breathing techniques and basic poses, with simple stretches to increase flexibility.

**Family Yoga**: Same as our regular Yoga classes designed with the youth and their parents in mind. For ages 8 years and older.

**Class runs through the summer months while school is out of session.**

**Indoor Quick Walking**: This 30 minute class held in our basketball gym promises to give you 30 energetic, fun, fast paced minutes of walking to the beat of motivating music. This class is for every fitness level.

**Kettle/Yo**: This class uses a cast iron ball with a single handle. You will concentrate on strength and conditioning using your muscles by stabilizing your core. By using the Kettlebell your displacement of weight increases utilization of stabilizing your muscles. You will then work on the mind body and soul aspect of Yoga to increase your flexibility.

**Pilates**: Is an exercise approach using the proper body mechanics, movements, truncal and pelvic stabilization, coordinated breathing, and muscle contractions to promote strengthening. Attention paid to the entire musculoskeletal system.

**Silver Sneakers Chair Yoga**: Yoga style moves done to meditating music with the aid of a chair for participants with balance and joint problems.

**Tai' Chi'**: This graceful form of exercise is a moving form of yoga and meditation combined. It involves a series of movements performed in a slow, focused manner. The benefits of this class include: reduced pain and stiffness, uplifting of the spirit, improved muscle strength and joint flexibility, helps improve balance.

**Yoga**: Promotes control of the body and mind. Our yoga classes feature strength, cardiovascular conditioning and flexibility components using music to enhance the experience. Many people take Yoga for the sense of well-being and peace it brings.