

FLEXIBILITY CLASSES

MEMBERSHIP VALUE-ADDED CLASSES



Pilates

9:45am Tuesday & Thursday

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance.

Heart & Soles

10:30am Tuesday & Thursday

Heart & Soles is a low impact aerobic movement class for any fitness level, combined with a variety of flexibility, strengthening and toning exercises for total body workouts.

Gentle Yoga

11am Monday & Friday, 10:15am Wednesday

5:30pm Monday & Wednesday

A slow-paced class to revitalize and ground featuring seated and supported postures with a gentle vinyasa. Class moves through a series of movements that we will hold for 3 to 5 breaths as we connect breath to body to improve relaxation, flexibility and recovery.