

FLEXIBILITY CLASSES

MEMBERSHIP VALUE-ADDED CLASSES



Chair Yoga

2:30pm Tuesday

Safely improve your strength and flexibility while easing stress, anxiety, aches, and pains. Accomplish this from the comfort of a chair.

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.

Heart & Soles

10:30am Tuesday & Thursday

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

Pilates

9:45am Tuesday & Thursday

Improve flexibility, strength, control and endurance in the entire body. Put emphasis on alignment, breathing, developing a strong core and improving coordination and balance.