Wellness & Fitness

Yoga - Calm Flow (Ginsberg) Faculty/staff
On Thursday afternoons, this slow paced yoga flow class is the perfect end to your week. We will move through different sequences of poses, with a few standing poses, and mostly seated/supine (lying down) postures. We will end with a short guided meditation, and a soothing savasana (rest time) each week. Open to all levels of yoga practitioners, this class is designed to calm your mind and body, and offer a sense of relaxation to end the week.

Yoga - Foundations Faculty/Staff (Molly Kitchen) TBA Fall 2018
In this efficient 60 minute class, you’ll practice postures (asanas) and breathing techniques (pranayama), as well as learn the philosophy of the yoga tradition. Great for beginners and experienced practitioners alike. You slow down and take time for yourself, you refresh and refuel.

Hatha Yoga (Molly Stamell)
This class will focus on postures that open the central channel of the body, the spine, so that energy can flow freely. Poses will be sustained for longer periods of time, with an emphasis on deep breathing and release of stress and tension. Open to ALL levels.

Awareness Through Movement (Fritha) TBA Fall 2018
ATM classes explore the potential for improved efficiency through well-organized action. In order to limit wear and tear on our soft tissues, we must find clear and specific support through our skeleton in relationship to our environment. Once we find this support we have the potential for sensing ourselves as both weightless and powerful, and as a result find relief from pain and discomfort. Each class involves a unique and specific sequence of movements with a focus on awareness and ease. No prior experience necessary.

Yoga - Flow (Molly Stamell)
This class will include variations on traditional Hatha Yoga sequences, and will allow plenty of time to sustain poses and breathe deeply. Participants will gain a deeper understanding of both the form and energy of each pose, while enjoying gentle and balanced exercise. This class will also include pranayama (breathing practices) and relaxation at the end. All levels welcome!

Yoga 4 Stress Relief (Chris Paradis) - TBA Fall 2018
This is a slow flow helps you relax deeply and ground your nervous system that focuses on grounding your nervous system. After a restorative opening sequence, standing poses & hip-Openers are held longer in order to emphasize the balance of effort and ease. This class will help you to feel more ready for anything life might throw at you! All levels are welcome!

Yoga - Midday Tuesdays (Stamell/Augustin)
Tuesday yoga will be taught by rotating teachers, who each bring their own style and approach. Classes are accessible for all levels of experience, and will focus on building strength, gently increasing flexibility, and bringing the body and mind into harmony with one another.

Tai Chi (David Mazor)
This class focuses on tai chi practice based on portions of the 37 posture Yang-style form, and also includes various Quigong exercises. Both the form and exercises are helpful for stress relief, healthful exercise, and general well-being. No prior experience is necessary.

PiYo Live® (Ashley Mowatt)
A fusion style format for people who like to sweat! Yoga & Pilates inspired poses combine with short bursts of cardiovascular work & strength training for all over body conditioning. Be challenged by dynamic balance, plyometrics, strength and functional training through the athleticism of Pilates and Yoga. All levels welcome!

Yoga for Athletes (Eddy Augustin)
TBA

Mat Pilates (Ruth Hutton)
Engage your mind to condition your body with core strength exercises, breath control and more. Mat Pilates class offers a blend of flexibility and strength work, with an emphasis on core muscles. Each class offers a series of challenging floor exercises that are adaptable to all fitness levels.

Aqua Fitness Patricia Johnson
Aqua Zumba adds a high-energy low-impact exercise to your fitness routine. Since there is less impact on your joints during an Aqua Zumba class you can really let loose! Water creates natural resistance so every step is more challenging and helps tone your muscles. It blends the Zumba philosophy with water resistance for a pool party you shouldn’t miss!

Zumba® Fitness (Lauren Franks)
Zumba® fitness takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective! Check. Super fun? Check and check. Each Zumba class is designed to bring people together to sweat it out. It’s a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. All athletic abilities are welcome to all classes!

Barre (Ruxy Paul)
One of the hottest fitness trends, Barre workouts transform the body through high-energy, low-impact exercises that make them ideal for all fitness levels and ages. Set to fast-paced hip music, this class is a fusion of Pilates, ballet-inspired movements, cardio conditioning, strength- and flexibility training designed to deliver an effective and intense total body workout that lengthens and tones muscles, improves posture, and builds a strong core. No dance experience necessary. Come ready to sweat (bring mat/optional grippy socks or bare feet will work).

Cardio Step (Ruxy Paul)
Step is a high-energy, effective and fun full-body cardio workout that uses an elevated platform (the step) and "latest hits" music to make you sweat, burn lots of calories, tone and strengthen muscles, and build cardiovascular endurance. Whether you are completely new to exercise, a step addict, or an exerciser looking for ways to diversify your fitness routine, this class is