Wellness & Fitness

Yoga - Start the Day (J. Ginsberg)
This class will explore the union between breath, body and mind as we burn through blocked, stagnant energy and stretch, strengthen and tone all part of the body. Vinyasa incorporates dynamic movement from one posture to the next using the rhythm of each inhale and exhale. Sun or moon salutations are incorporated as well as standing posture to build strength and balance. Class moves at a medium pace, and welcomes everyone to join!

Yoga - Foundations Faculty/Staff (Molly Kitchen)
In this efficient 60 minute class, you’ll practice postures (asana) 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

Yoga - Embody Flow for beginners (Cynthia Pliakas)
This class will be an introduction to yoga, moving through the ashtanga sequence with a focus on proper alignment. Class will be a flow with sun salutations, standing postures and some focused mat work. Come learn the basics!

Awareness Through Movement (Fritha)
This class will be a short flow, followed by standing postures with a focus on building and accessing core power. There will also be deep stretching for the hips and legs. The sequence will vary weekly and this class is open to all levels!

Yoga - Sun/Yin - Gentle (F/S) (Molly Stamell)  This class will be structured based on the time of day it is being offered – morning yoga practice is gentle, allowing the body to open to the day ahead without imposing strain or exerting too much force. We will honor the rising of the sun and nurture a calm state of mind with which to greet the day. Classes will include gentle release into poses that are held for longer periods of time with the aid of props and deep breathing.

Yoga - Hatha Yoga (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)
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!

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!

Lunch Break Cardio (Ashley Mowatt)
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 Zumba® (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 on. 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 for you!