Wellness & Fitness

Yoga Flow (J. Ginsberg)
This yoga flow class is the perfect class for a mid-week break. 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.

Yoga for Resilience & Strength (Molly Kitchen) F/S
Join Molly Kitchen for an effective, fun, and out-of-the-box practice that incorporates her in-depth study of not only yoga but functional movement, anatomy, and strength training. Great for beginners and experienced practitioners alike.

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!

Yoga Flow (Chris Paradis)
This is a slow flow for beginners or experienced practitioners that would like to return to basics. 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 ground your nervous system and you should feel more ready for anything life might throw at you!

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!

Mat Pilates (Ruth Hutton) F/S
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) F/S
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 fun pool party!

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).

Barre Fusion (Ruxy Paul)
More cardio. More sweat. Step up to the challenge with a workout that combines barre and cardio elements to burn more calories, enhance flexibility, increase endurance, and sculpt and tone the entire body. All fitness levels welcome (no prior exercise experience needed).