Wellness & Fitness

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 - Friday Flow (Molly Kitchen)
A fun flowing practice—with a great playlist and time to rest—to finish the week out right. All levels welcome!

Yoga - Flow (Molly Terrill - 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!

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.

Yoga Namaste Fitness (Chris Paradis)
Yoga can help relieve stress and anxiety, as well as ground your nervous system so that you may better handle the daily aspects of your life. As you honor yourself on your mat you will learn the importance of flexibility, strength. In this class you will learn basic alignment principles and practice being mindful of what is true in the present moment without judgement. Through asana (poses) and breathwork, you will learn about your body and spirit in new ways! All levels are welcome!

Yoga Flow (Sebastian Merrill)
Whether you're new to yoga or practice regularly, come to release some stress and increase wellness. This all levels class will focus on linking breath to movement and will focus on slow, intentional movement with an emphasis on proper alignment. Each week, we will move through a series of linked postures that include a grounding seated/supine practice as well as a standing sequence, culminating in a closing meditation and savasana. Sebastian's teaching style is grounded in yoga philosophy and social justice.

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.

Barre Cardio (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).

Aqua Zumba (Patricia Johnson) F/S
Aqua Zumba® is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends Zumba® with water resistance, for one pool party you shouldn’t miss! Water's natural resistance helps tone your muscles. This class features both Latin and World music and choreography incorporated into Aqua Fitness, Aquatic Interval Training and Aqua Pilates. With this class, you will sculp your way to lean muscles, as well as work head to toe on strength, toning, balance, coordination, flexibility, and agility. You will end up feeling refreshed and rejuvenated!

Zumba® Fitness (Lauren Gladu)
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!

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).