

# Class Descriptions

All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest. All classes can be modified to meet the needs of the participant.

Level 1/2 – beginner friendly class options, modifications given. Class moves at a slow/moderate speed.

Level 3/4 – intermediate class style that adds in strength, balance and flexibility challenges. Modifications provided.

Level 4/5 – intermediate/advanced yoga practice recommended with an understanding of the fundamentals. This class moves fast with options for inversions.

**Maximum participants per class:** 14 for Barre, 22 for all other classes

**Barre (3/4):** 80 degrees Barre is a full body workout that uses isometric strength training combined with high reps of small range-of-motion movements while incorporating cardio, light weights, core work and stretching to define your body. Barre utilizes moves inspired by ballet, yoga, and Pilates all while using the barre for balance. You will target the biggest role in body change, then keep those muscles working intensely just long enough for them to change. This class is an energetic and physical class for all levels.

**Candlelight Flow (1/2):** Non-heated During our Candlelight Flow you will enjoy a peaceful and relaxing candlelit room as you move from one pose to the next. A perfect way to unwind after a busy day. This warm, dynamic class encompasses a strong standing flow to warm the body with an emphasis on mindful movements. This class is appropriate for all levels.

**Goddess Flow (2):** Non-heated This class is open for all to enjoy free flowing movements guiding you through a fun, light hearted yoga practice. Ending with savasana. Let's move, groove and make shapes! Especially great for prenatal!

**Grounded Flow (3 heated, 2 non-heated):** 90 degrees or Non-heated This class focuses on the foundation of every pose. The class begins with a series of breathing, then moves into a vinyasa flow. This unique vinyasa sequence is designed to ground the students into their hands, feet and core. The classes combine standing postures, sun salutations, and floor postures for an energizing, full body experience. The teacher will provide demonstration and verbal cues to help you connect with your own inner strength and develop your practice. Mind-body connection and physical growth are both fostered in this class. This class is for all levels from beginner to advanced because the teacher offers modifications to raise or lower the level of intensity based on our students individual needs.

**Joy Yoga (1/2):** Non-heated This class is designed to get your cardiovascular system moving with positive music in the background and essential oils diffused. The class begins with a body scan, breathing, and mindfulness. The class combines standing postures, dancing, and martial arts moves. The class finishes with floor postures and full body relaxation. The teacher will provide demonstration and verbal cues to help you connect with your own inner happiness. This class is for all levels from beginner to advanced, as the teacher offers modifications to raise or lower the level of intensity based on each students individual needs.

**Power Flow (4/5):** 90 degrees This is the high energy, powerful class focusing on alignment and personal awareness of the breath. The flow moves at a moderate pace and is athletic. Linking your breath with every posture to move efficiently and effectively. You build strength while gaining flexibility. Get ready to move and sweat! Vinyasa style flow. More advanced than Grounded Flow. Inversion practice is possible.

**Yoga Sculpt (3/4):** 85 degrees When muscle meets yoga...Yoga Sculpt is born. Boost metabolism and build lean muscle mass as you move to upbeat tracks in our Yoga Sculpt class. You'll combine free weights with a yoga flow sequence and incorporate cardio to intensify each yoga pose while mixing in strength-training moves like squats, lunges and bicep curls.