



2024 Course Descriptions

Fitness

Stretch tone and gain or maintain your personal fitness level. A combination of hand weights, exercise bands, small balls, glides and functional movements will increase your range of motion and flexibility in a fun, social and non-competitive atmosphere. All levels of fitness are welcome. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Core Fitness

Find your core muscles in this group exercise class. Posture, balance, confidence and flexibility are all enhanced with movement and exercise designed to strengthen core muscles. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Mat Flexibility

Using a floor mat, Anna will guide you through a series of stretches designed to increase and or maintain your flexibility. These stretching exercises work to maintain or increase the body's natural range of motion.

Dress in comfortable clothing to ensure optimum stretching. Bring your own mat.

Kundalini Chair Yoga 1

In a seated position gain the benefits of stretching, flexibility, meditation and deep breathing. This gentle form of yoga has wonderful health benefits and is designed for those who cannot easily get up and down from the floor.

Kundalini Chair Yoga 2

Gain the benefits of stretching, flexibility, meditation and deep breathing. This gentle form of yoga has wonderful health benefits and is designed for those who have the ability to carry out exercises from seated & standing positions using the chair as a prop.

Kundalini Meditation & Sound

This class will explore meditation using various sound instruments i.e. gong, Tibetan and/or crystal bowls, drum, voice, music and more to support your meditation experience. Each class will offer an opportunity for self-discovery. Meditation and Sound is for both the novice and the experienced meditator. Requirements: ability to sit on a chair or lay down on a mat for 75 minutes.

Basics 1 & 2

This Class begins with a warm up and stretch, followed by a series of exercises in a circuit style. Exercises are designed to meet specific goals for all participants. A cool down and stretch will end this exciting class.