ORGANIC YOGA FLOW
The natural expression of breath and movement through traditional postures. Navigate through subtleties of the energetic body through transitions, rhythm and breath. Special attention is placed on proper alignment and breathing, with a natural and safe progression of postures. An intuitive organic flow that encourages every student to explore their own uniquely perfect shapes; for all levels.

PILATES MAT CLASS
Performed on the floor using your body and props to focus on developing core strength, flexibility, balance and stamina. Discover awareness of breathing patterns and spinal alignment while engaging the deep muscles of your core. No previous Pilates experience is necessary to join mat class.

WALL YOGA
Take your yoga poses even deeper with wall yoga. This restorative style class will have you hanging from the wall, stretching new muscles, anchoring your poses, and increase mobility. This very addictive class will leave you walking taller and feeling more alive and connected to your body!

PERMISSION TO CHILL
Neuroplasticity is the brain’s ability to create new neural pathways. Come learn the benefits of the body’s “rest & digest” response. Release stress, sleep better & create a new way of thinking, by essentially rewiring your brain. Come chill in supported, restorative postures & explore slow, mindful movement, pranayama & meditation.

IN-TRINITY BOARD
Yoga on the In-Trinity Board is a practice that accesses development of the mind & body through movement. This practice builds strength, deepens flexibility and improves balance, coordination and agility.

TRX
Challenge yourself with a little flow, rhythm and balance and a lot of TRX suspension to build strength in your arms, shoulders, back and legs. There will be sweat.
BIKE CAMP
Imagine your favorite Boot Camp movements. Now add in a Spin Bike and you can really hit the rev-limit! This class is a burner that will leave you knowing you have just accomplished something great.

BOOT CAMP
This high intensity class utilizes dumbbells, medicine balls, and your body in creative combinations that will have you building strength and hit that cardiovascular red-line.

VINYASA YOGA
Students coordinate movement with breath to flow from one pose to the next. The sequencing of the movement gain strength, endurance, and more conscientious breathing.

VIOLIN MEDITATION WITH REBECCA SABINE
Discover the profound benefits of calming and focusing your mind as Rebecca plays healing music on violin while guiding you on an inward journey. Come as you are and set yourself free.

RESTORATIVE YOGA
A class decidedly about cultivating space, ease and a sweet feeling of contentment in the body, mind and spirit. Restorative poses produce a calming and therapeutic awareness in the body. Soothing and nurturing, this class furthers the growth of conscious relaxation and is designed for students who want to move at slower pace, melt away physical and emotional tension and relax deeply. Restorative poses are designed to soothe, nourish and drop you into the healing state that is the Relaxation Response.

THE FOLLOWING CLASSES ARE COMING SOON!

ROCK & FLOW YOGA: RED ROCK SIGNATURE YOGA WORKOUT!
Take your practice up a notch with this fast-paced power Vinyasa class. This uplifting practice incorporates an energetic flow with challenging transitions, arm balances and inversions set to upbeat music. Experienced students will expand their practice with advanced poses and creative ways to challenge the body and mind. Previous yoga experience required. Not suitable for beginners.

WELLFIT – W&B FULL INTENSITY TRAINING
Strength and conditioning training program is built on constantly varied, functional movements, executed at high intensity. The program is modified for each individual. Class may be held outdoors, weather permitting. Wear athletic shoes, all levels, 55 minutes.

LATIN BEAT
Combines hot Latin dances like Meringue, Salsa, Mambo, and hip-hop. A great cardio dance workout for improved agility, stamina and muscle tone.

SPINNING
A cardio workout on the stationary Star Trac Spinner bike. Classes are technique and terrain based and focus on sprints and climbs that can make an unpredictable ride that is fun and challenging. Wear athletic shoes, all levels.
**BOOTY BARRE**
Method of low-impact strength training performed at a barre attached to the wall, and using your body as resistance. Booty Barre will strengthen, elongate the muscles, will add muscle endurance, incorporating elements of yoga, Pilates, and cardio, set to upbeat music. Bare feet, all levels, 55 minutes.

**CANDLELIGHT FLOW YOGA**
In our Atrium, filled with candlelight glow, you’ll learn a series of yoga postures that flow from one pose to the next with your breath. Bare feet, all levels, 55 minutes.

**DISCOVER YOGA**
Gain a basic introduction to yoga breathing and poses to develop flexibility, strength, balance and proper alignment. Bare feet, all levels, 55 minutes.

**HATHA YOGA**
Hatha (or sun/moon) is a balanced yoga practice that focuses on proper alignment, breathing, and focus. Well-suited for beginners and practiced yogis alike. Bare feet, all levels, 55 minutes.

**SCULPT AND ABS**
Sculpt your body from head to toe using weights, bands, balls and more. Strengthen your body and increase your metabolism as you add definition to all your major muscle groups. Wear athletic shoes, all levels, 45 minutes.

**YOGA + GOLF BALL ROLLING**
Combines all-levels yoga practice with rolling a golf ball under the feet, stimulating acupressure points to improve overall health, immunity and energy levels. Bare feet, all levels, 55 minutes.