

# Fitness Activities



**ORGANIC FLOW YOGA** 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** This restorative style class will have you hanging from the wall, stretching new muscles, anchoring your poses, and increase mobility. Leave walking taller and feeling more alive and connected to your body!

**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, 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.

**INDOOR CYCLING** This low-impact high-intensity cardiovascular, butt-kicking workout will take you on the ride of your life! Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle – you are guaranteed to sweat your way to leaner legs and a tighter core.

