



MARCH CLASSES EDWARDS

\$10 PER CLASS OR \$180 FOR 20 VISITS

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	Super HIIT Shila		Super HIIT Shila			
10:00AM		Tai Chi Briony				
11:00AM		11am-11:30am Tai Chi Form Practice Briony				
12:00PM	Fury Jessica/Lucas		Fury Jessica/Lucas		Power Yoga Tati	
5:30PM	Zumba Claire/Tammi	Restorative Yoga Lisa		Yoga For Athletes Nicole		
6:30PM	3/11/19 and 3/25/19 Pound Claire					



CLASS DESCRIPTIONS

Power/Yin: 30 minutes of power yoga followed by 30 minutes of juicy yin. Get your sweat on and adult nap time in all within 60 minutes.

Power Yoga with Tati: Motivate with music in this Power Vinyasa flow to tone your muscles as you build stamina and flexibility.

Zumba: Combines Latin and International music with a fun and effective workout system, which involves dance and aerobic elements. Zumba choreography integrates many styles of dance and martial arts to get your body moving and your heart rate peaking.

Super HIIT: Is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind. (HIIT- High Intensity Interval Training.)

Tai Chi: A practice of honoring yourself, your body and what it needs. We explore balance, comfort, agility, ease, efficiency, and movement that is natural and optimal. This class is both restorative and stimulating. We explore body alignment and keeping centered in stillness and in motion. This is a martial art as well as a self-care practice; both calming & powerful. The intent is to nourish and nurture the body, mind, and spirit. Students will learn to move using energy and breath, not only with muscles & strength. This is a practice of longevity. All levels welcome. Yang Style Tai Chi.

Form Practice Tai Chi: This 30-minute class gives you a chance to tighten up your form.

Restorative Yoga with Briony: There is no better position from which to allow the body to release tension that gets build up, to calm, to rest, to recharge... than lying down. It is the only position in which the body can fully relax & be at ease without exertion. This is a powerful practice of various lying down meditation poses, utilizing props to ensure the body is completely supported and comfortable, entering a state of effortlessness. You will be guided through therapeutic and relaxing meditations, learning how to allow the body, energy, & mind to release and vitalize. All levels welcome.

Power Yoga with Lisa: This class is a Vinyasa Power style flow. It's a fluid and powerful style of yoga that links movement and breath together and is based on intuition rather than tradition. Vinyasa Power Yoga heals, detoxifies and exhilarates the body and mind with emphasis on movement, balance, and intention.

Restorative Yoga with Lisa: This restorative practice uses gentle yoga, meditation and the support of props to help relieve pain, reduce inflammation, strengthen your immune system and experience an optimally healthy body and mind. Paired with aromatherapy, using pure essential oils, you will awaken your body's natural capacity to heal itself.

Fury: This high intensity, interval training class, is guaranteed to jumpstart your path to achieving your fitness goals! Interval training can supercharge your fitness, boost your metabolism, and burn off extra fat. All levels welcome! We can modify to fit your needs.

Yoga For Athletes: Yoga is an ideal activity for all types of athletes. A regular yoga practice will give you improved balance, core strength, overall power, flexibility, range of motion, and mental focus. Our athletic based vinyasa yoga classes will have you moving, breathing and sweating while building strength inside and out.

Pound: A combination cardio and strength class with "constant simulated drumming." Yes, as in with drum sticks.