

### **Community Yoga Flow**

A gentle class focusing on flowing from pose to pose and linking the movement with the breath. The instructor will offer a variety of modifications to encourage participation of everyone as well as a background on the ancient practice and how to apply it to a modern lifestyle. There will be sitting, standing poses as well as restorative and stretching. Modifications will be given to allow the student to make the pose either more or less intense. This class is for all levels - brand new or experienced. All are welcome. Blocks are provided. Please bring a yoga mat, towel, water, and an open mind.

### **Restorative Yoga**

Restorative yoga is a gentle class with the aid of props- blocks, bolsters, blankets, and straps. The temperature in the room is cooler, so dress warm and comfortable. This practice is great for anyone looking to slow down, to relieve stress, to calm the excessive mind chatter, and relieve tension in the body. This is a seated practice where poses are held anywhere from 1-5 minutes allowing you to work deep into the connective tissues around the joint. This class offers a chance to gain flexibility, as well as deepen your meditation practice and enhance your yoga practice overall. A wonderful, detoxifying class. Restorative Yoga is beneficial for insomnia and promoting deep sleep. Fully supported by props, we allow our mind to let go of tension, which releases negative thought patterns and stiffness in the body. Come nourish yourself with this deep restorative practice. **No yoga experience needed!**

### **Functional Fitness**

For all fitness levels a total body workout program based on the exercise philosophy of strength, cardio and fun for total body fitness.

This program is designed to exhaust all major muscle groups through use of weights, bands, tubing and body weight.

### **Body Works**

Bring a mat, towel, and water

Upper body, lower body, cardio, and core! This workout has it all!! Join us for a fun class where you work at your own pace and at your own ability level. Come prepared to sweat and have a good time!!

The more muscle that is on your body, the more fat you will burn and the stronger and more toned you will look. If you want lean muscle definition, then a combination of cardio, resistance, strength training, and most importantly a clean diet is going to be the best for you.

### **Tone & Trim 2.0**

Offers a varied of exercise movements to fit any fitness level. Separate upper and lower-body workouts plus a dynamic and static stretch segment. Both toning programs focus on strength, balance, flexibility and bone health. Many of these moves also emphasizes "functional fitness"- exercises designed to make every day activity easier and safer. Each workout begins with simple stretch and flexibility movements like "field goal kicks" to help loosen the hamstrings. That's followed by a varied mix of upper and lower body movements like body weight squats, chair squats, bicep curls, Tricep kickbacks, chest press, modified push-up, hip thrusters and modified plank-holds. The ending segment is pure bliss- lying on your back guided deep breathing techniques (feel the tension leaving your body).

Class Motto:

"Move your body no matter what"

The class further provides an atmosphere to make and keep lasting friendships and we're involved in community fitness activities & fitness potlucks and luncheons.

### **VP Strong Moms**

Moms, bring your kids as we walk, lunge, and run along the lake of Victoria Trails. Primarily body weight exercises will be performed as we utilize the park benches and environment around us for exercises such as push ups, step ups, squats and more. All levels welcome as you will be working alongside an experienced personal trainer and pre and postnatal coach!