

HealthSPORT

Mind Body Class Descriptions

Alignment Flow - A flow style class with a focus on alignment of the body.

Bliss Yoga - Facilitates deep relaxation and re-establishing body alignment.

Power Pilates - Pilates Floor work that flows through a series of movements that are more dynamic, systematic and anatomically-based incorporating resistance equipment.

Forrest Yoga- By Master Ana Forrest, emphasis on core strength & breath.

Gentle Yoga- Passive poses for deep release,. All levels welcome.

Hatha Yoga - Sustained postures with emphasis on alignment. Props are utilized.

NIA - Fusion fitness that blends dance arts, martial arts, and healing arts.

Pilates Mat - Total body Pilates workout that improves core strength and balances the muscles around the joints, improving the way your body functions, looks and feels.

Restorative Yoga - Restoring body posture through supported yoga poses.

Sun Salutations - Wake up with basic yoga postures to welcome the sun.

Tai Chi: Standing - meditation. Helps balance, strength & stress management.

Twilight Yoga - Restoring body posture through supported yoga poses.

Vinyasa Flow - Flowing yoga movements driven by breath.

Yoga Basics (\$) - Learn the basics, basic alignment techniques, basic breathing, yoga philosophy

Youth Hip Hop - Dance and have fun.

Zumba - Latin Rhythms with easy to follow moves.

Family Zumba - Latin Rhythms with easy to follow moves for ages 8 and up.

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