**Build Your Core on the Floor**
This mat-based class is a combination of yoga poses and Pilates exercises designed to improve balance, flexibility and posture while strengthening your core and promoting decreased joint stiffness.

**Yoga & Stretch**
Beginner mat-based and standing yoga poses and stretches with an emphasis on flexibility.

**Bodyweight & Flexibility**
Standing and mat-based bodyweight exercises designed to improve muscle endurance, balance and flexibility.

**Nia**
Mind-body movement practice for all ages and levels of fitness using choreography to soul-stirring music. Inspired by elements from the martial, dance and healing arts.

**Pilates**
Beginner mat Pilates help develop control and endurance by putting an emphasis on alignment, breathing and developing a strong core.

**Beginner Mat Yoga**
Beginner and restorative mat-based and standing yoga postures.

**Meditation with Movement**
Participants will perform slow, calming movements coupled with meditation designed to deepen the mind-body connection.

**Beginner Chair Yoga**
Gentle, beginner and restorative chair-based and standing yoga postures.

**Tai Chi**
This ancient form of movement and exercise leads to harmony of mind and body while decreasing stress. You will learn a modified Yang form, which will help increase balance, strength and control.

**Qi Gong & Tai Chi**
Learn a set of calming Qi Gong movements to enhance strength and circulation. The last portion of class will include and introduction to Tai Chi.