

## DROP-IN EXERCISE CLASSES

Please pre-register by visiting [wellnesshouse.org](https://wellnesshouse.org) and using the link next to class.

Any questions, please contact Amanda Woods at [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org).

### 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.

