



COMMUNITY-BODY-MIND CLASS DESCRIPTIONS



YOGA HOUR - YOGA FLOW

This yoga practice offers a perfect balance of energizing and calming elements as you align your body, mind, and heart. Using the breath to guide you, Instructors will lead you through an active, mixed-level H

atha Vinyasa/Flow class with modifications to assist you in reaching your full potential and leave you feeling more centered and focused. Beginners and experienced yogis welcome.

POWER HOUR VINYASA - YOGA FLOW

This class explores the dynamic, rigorous and heat-building elements of a yoga practice. Members can expect moderate to intense sequences with creative transitions, deeper postures and holds, advanced balance asanas, and inversions. Power Hour is an opportunity to challenge your body and mind and deepen your yoga strength and skills.

RESTORATIVE YIN YOGA - YOGA FLOW

This practice is about slowing down your mind and opening your body through gentle movement and passive stretching. During long holds of various seated and lying poses, your muscles and connective tissues (joints, ligaments, and fascia) are given time to soften and let go, improving the flow of energy. Various props are utilized to assist in aligning the body to maximize the benefits of this calming, gentle, and restorative practice.”

BOXING FOR FITNESS - CRAFT WELLNESS

This is a dynamic & explosive class that incorporates kickboxing techniques with an intense cardio workout. This class will undoubtedly improve your endurance, cardiovascular fitness, tone your muscles & shred your abs if you practice consistently with power and precision. This intense boxing class will leave you sweating, pumped and ready to take on the world! This class is taught for all fitness & experience levels.

SCULPT X BANDS / BUTI YOGA - CRAFT WELLNESS

Our HIIT-based resistance training workout targeted to LIFT + SHAPE your BOOTY while toning + strengthening the hips. Bands are utilized during high-intensity intervals to challenge the body through all planes of motion while targeting the hips and booty through lateral engagement. During low-intensity intervals, students move through static yoga poses to release the muscle group targeted during the high-intensity interval. This class is great if you're looking to burn calories, sweat, move to music & gain good energy!