



COMMUNITY–BODY–MIND

January 2023

CLASS DESCRIPTIONS



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.

STRENGTH & CONDITIONING – CRAFT WELLNESS

This class is formatted to give students the opportunity to learn weight training techniques and concepts used for obtaining optimal physical fitness. We begin the class by firing up the muscular and cardiovascular systems and end with dynamic core exercises and functional stretches. You will leave feeling strong, confident and energized from this total body workout. .

MORNING GLOW – YOGA FLOW

This class offers a perfect balance of energizing and calming elements, powering the body and bringing ease to the mind. What better way to prepare for every daily life or wind down after a taxing week? Expect intentional exploration of breath, posture and alignment amidst an invigorating sequence of fluid, Vinyasa–style movements. No previous yoga experience is required to witness positive results after your very first class!

BLISS THE DAY AWAY – YOGA FLOW

This class explores the more dynamic, rigorous and heat–building elements of a yoga practice. Members can expect a moderate to intense sequence with creative transitions, deeper postures and holds, advanced balance asanas, and inversions. While anyone is welcome and encouraged to challenge their body and mind in this class.
