



CURRENT CLASS SCHEDULE

MONDAY

- 9 am- Yoga (Jenn C)
- 9 am- Pilates Mat (Melissa D)
- 10 am- Yoga Fundamentals (Melissa D)

- 6 pm- Pilates Mat (Shannon)
- 6 pm- Yoga Fundamentals (Jenn C)

TUESDAY

- 8 am- Foam Rolling (Eden B)
- 9 am- Barre Basics (Melissa D)
- 10 am- Gentle Yoga Flow (Melissa D)

- 5:30 pm- Eve. Cardio & Core (Beth O)
- 6 pm- Candlelight Yoga (Rebecca N)

WEDNESDAY

- 9 am- Yoga (Jenn C)
- 9 am- Pilates Mat (Shannon)
- 10 am- Yin Yoga (Sarah M)
- 10 am- Just Dance (Melinda)
- (Begins January 9th)**

- 5:30 pm Yin Yoga (Sarah M)
- 6pm- Barre (Shannon D)

THURSDAY

- 9 am- Barre (Melissa D)
- 10 am- Gentle Flow Yoga (Melissa D)

- 5:30 pm- Pilates Strength (Beth O)
- 6 pm- Vinyasa Flow Yoga (Shannon D)

FRIDAY

- 9 am- Yoga (Jenn C)
- 9am- Cardio & Core (Shannon D)
- 10 am- Yoga Fundamentals (Sarah M)

- 5:30 pm- Pilates Mat (Beth O)
- 5:30 pm- Fun Friday Yoga for \$5 (varies)

SATURDAY

- 8 am- Barre (Shannon D)
- 9 am- Yoga (Shannon D)
- 10 am- Strength, Stretch and Refresh (Rebecca N)

Yoga

At Thrive, we offer a yoga practice that is suitable for everyone. The beginner will find a warm, welcoming environment where they can explore the practice without feeling pressured. The experienced yogi will find a solid practice with the opportunity and guidance necessary to move into more advanced poses at their own pace.

Yoga Fundamentals

This class includes lots of demonstration and modifications. Great for beginners testing out the practice or those getting back into their practice after time away. The class will provide instruction in the basic understanding of breathing (*pranayama*), sun salutations, and standing/seated postures (*asana*), with a different emphasis each session. The teacher will assist with alignment and suggest variations allowing each student to practice at a suitable level.

Candlelight Yoga

Designed to prepare the body and mind for a good night's sleep. Gentle poses are selected to release tension piece by piece, breath by breath. This lovely class offers a chance to slow down, focus inward and gently stretch. We'll begin with a very gentle warm-up and end with just-plain-relaxation. Gentle, soothing music and soft glowing candles provide the setting for focusing inward. Ahhhhhhhh....

Gentle Yoga Flow

Take it slow with this gentle, but deep approach to Vinyasa (flowing sequence that follows the breath) yoga. This practice links poses to breath to reveal body awareness, inner strength, and easeful opening. The later part of class includes a guided meditation or relaxation for the ultimate yoga experience.

Vinyasa Flow Yoga

Vinyasa is characterized by flowing poses and sequences that are linked to the breath. This class is diverse and sequencing will vary. In general, this is a vigorous, more athletic approach to yoga. Binds, balances, back bends and more challenging *asanas* may be offered in addition to the flow sequences. This class is most suitable for those with an established yoga practice who are looking to increase the intensity or depth of their practice.

Advanced Yoga

This is an intermediate to advanced level yoga class where we will explore vinyasa flow, binds, balances, back bends and more challenging *asanas*. Modifications and props are used to help explore newer or more challenging poses. Proficiency with advanced poses isn't expected... we build toward them. The most important pre-requisite

for this class is that the practitioner knows how to listen to his or her body and breath in order to stay safe.

Yin Yoga

This class explores Yin yoga, a quiet and slow paced practice designed to stretch both the deep connective tissues between the muscles, and the fascia throughout the body. Props are often used and poses are held for several minutes at a time offering soothing and well-supported poses allowing the body and the mind to more fully open. Everyone from absolute beginners to advanced practitioners can benefit from this type of practice.

Strength, Stretch, Refresh!

Our most gentle of classes, we offer safe, simple exercises to strengthen and stretch all the muscles of the upper body, lower body and core.

Perfect for seniors and anyone who has particular health issues or limitations. This is also a great class for people who work at a desk or those looking to feel refreshed.

The entire class can be done using a chair, but participants must be able to climb the stairs to our or second floor studio. This class is gentle and safe for all physical abilities. Come open your spirit and move with us!

CardioBoxing

This is a high energy martial arts-inspired workout that is totally non-contact. There will be lots of punching and kicking with interval exercises to elevate the heart rate. Modifications will be available to make this class appropriate for all fitness levels. Have a blast and feel like a champ. Just leave inhibitions at the door and bring your best fighter attitude!

Morning Cardio & Core

This wake-you-up-class is a full body workout for the upper body, lower body and core, which includes standing movements, light weights, and mat work. You will improve cardiovascular capacity, strength and flexibility. Leave ready to take on the day!

Evening Cardio & Core

Not a morning person? More of a night owl? Stressful day? Our evening class is perfect for you! This is an upbeat, full body workout - upper and lower body, core, weight strengthening and toning. Get your heart rate up, sweat and have fun, then enjoy a great night sleep. You're welcome!

Pilates Mat

This class will teach you the 5 basic principles of pilates and is the perfect place to begin. Pilates has many benefits including: longer, leaner muscles, improved balance and coordination, relief from back pain, prevention of injury, and enhanced athletic performance. This class includes movements that strengthen the core, stabilize the joints, and improve flexibility and range of motion. This class is appropriate for all fitness levels.

Barre Basics/Barre

Barre Basics is a ballet inspired workout that will strengthen and stretch the entire body. With a focus on form, barre is an effective, safe, fun workout for all fitness levels. It is very low-impact and safe for the joints and spine. Low impact doesn't mean low-energy though! Come prepared to move, sweat and laugh! No experience (or tutu) required!

Love Barre Barre but ready for a bit more? Our regular Barre class, (color coded blue) is a bit more of a challenge!

Strength & Conditioning

is a full body workout which includes standing movements, light (but variable) resistance, and mat work. No cardio here-just awesome strength and stretch.