

MIND AND BODY CLASS DESCRIPTIONS



ANUSARA YOGA – This type of yoga provides a blending of precise physical alignment using the Universal Principles of Alignment with playful celebration of the heart. It includes Vinyasa (flowing postures) and holding poses.

ANUSARA FLOW – Classic Anusara Yoga (see above) but incorporating flowing movement with the breath. This is a more rigorous class, best for levels 2 and 3.

FLOW VINAYASA – This class offers a challenging, fun, creative flow of poses to enhance balance, strength, flexibility and proper alignment. Poses are linked with conscious attention to the breath to deepen awareness of the inner self and to cultivate inner peace and harmony.

GENTLE YOGA – This is an ideal class for less flexible or injured individuals who prefer a slower pace. A wonderful way to strengthen, stretch and restore energy levels.

GLIDE, BALANCE and ROLL - Basic strength principles using the glide system, incorporating balance and the foam roller for myofascial release.

HATHA YOGA – Moderate restorative yoga for everyone; a blending of Iyengar and Integral styles.

INTRO TO YOGA – For absolute beginners! This one hour class is held once a month.

KRIPALU YOGA – Yoga postures are held for increasing amounts of time with an emphasis on connecting breath and body awareness. Students receive detailed alignment instruction and are encouraged to adapt postures to their individual physical abilities and needs.

NIA -- Neuromuscular Integrative Action, an expressive movement practice that combines elements of tai-chi, yoga and dance to achieve physical, mental, emotional, and spiritual fitness and well-being.

PILATES MAT – Lengthen and strengthen your body using your core muscle groups in a series of non-impact exercises designed to focus on the abs, back and buttocks.

POWER VINAYASA – See “Flow Vinyasa” description. Power Vinyasa is similar to Flow Vinyasa but incorporates more challenging poses and holding poses for longer amounts of time.

POWER YOGA or POWER SCULPT YOGA – A yoga workout. This stretch and strengthening class incorporates Ashtanga as well as dynamic and energizing postures for strength and flexibility. Power Sculpt Yoga incorporates weights as well, and different breathing techniques are practiced. Levels 2 & 3.

SALSA – Salsa classes with Amanda will only take place on Fridays in May. Participants must attend all 4 classes, as each class will progress in skill level. Cost is \$40 for all 4 classes. Salsa is the sexy, Latin dance that is taking over Boulder! There are opportunities to dance Salsa almost every night of the week throughout the summer in Boulder. This 4 week class is designed for those who are new or relatively new to Salsa. We will be covering basic footwork, patterns, turns, musicality, and lead/follow techniques. You will come away with enough skills and confidence to join the social dance scene.

SHOTOKAN KARATE – For all levels, this class teaches the martial art, or fighting method, of traditional karate, involving a variety of techniques, including blocks, strikes, evasions, throws, and joint manipulations.

STRENGTH & STRETCH – This low impact class will tone your muscles, while lengthening them at the same time with stretches that will increase your athletic ability and prevent injury as well.

TAEKWON DO – (Held in the Gym, see Group Exercise Schedule.) Taekwon-Do is a hard-style Korean martial art known for its powerful hand and foot techniques. Learn self-defense, self-confidence, fitness, poise and much more. Taekwon-Do is excellent all-around training for both body and mind.

TAI CHI – Learn Tai Chi with a master—improve body, mind and spirit with this meditation and martial arts class.

WAKEUP ASHTANGA YOGA – This class provides a smooth and energizing entry into the day and awakens all senses with moderate Vinyasa (flowing) postures and breath. For athletic individuals.

ZUMBA – Hot and fun Latin dance workout with spicy rhythms and movement that gives you a whole body workout, focusing on strength, stress-reduction and inspiring a healthy lifestyle.

FOR MORE INFORMATION ABOUT THE FAC PILATES PROGRAM, INCLUDING PRICING, SIGN UP TIMES AND INSTRUCTOR EXPERIENCE, PLEASE SEE THE PILATES SCHEDULE.