



Mechanicsville MIND/BODY



BodyFlow is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balanced. *All Fitness Levels.*

BodyFlowTech: Learn the basic techniques of BodyFlow. You will still receive a great workout!

PILATES

BeginnerPilates(BegPilates): An introductory class where you will learn the basic core moves of a Pilates practice. Learn how to use your abdominal muscles, how to position the pelvis and spine, and how to increase your range of motion. You will learn the proper way to “breathe” in Pilates as well as improve your posture and strengthen your abdominals and back. 30 minutes in length.

Pilates: You will be guided through exercises that safely deliver optimal strength, flexibility and endurance without adding bulk. This stress-relieving method will be performed on a mat. *All fitness levels.*

PilatesPlus: Challenge your practice by taking it to the next level. You may use additional props, such as bands & balls. *Intermediate to Advanced.*

YOGA

BeginnerYogaFlex(BegYogaFlex): An introductory class where you will learn the basic postures used in a yoga practice. Plenty of options are given to make everyone feel comfortable. The use of props such as straps and blocks are used to help assist these moves. 30 or 45 min.

GentleYoga: Enjoy the relaxing benefits of yoga while increasing strength and flexibility. Less vigorous than other yoga workouts. Great for Beginners or Special Populations (Seniors, Pregnant Women, Postpartum Mothers, etc)

JuniorYoga(JrYoga): YogaFlex class designed for 8– 13 year olds

YinYoga: A style of Yoga where Poses are held for a longer period of time. *Intermediate to Advanced levels.*

YogaFlex: Develop strength, endurance, flexibility, & proper body alignment through a series of poses with a strong emphasis on breathing & concentration. Poses range from relaxing stretches to challenging postures. A yoga mat is recommended. (YogaFlexXP= 30 minute workout) *All Levels*

Specialty Classes This Month:

Yogalates: A combination of YogaFlex and Pilates. *Intermediate to Advanced Levels.*

GentleWallYoga: Participants will use the wall to help with proper alignment and actions to revolutionize their yoga postures. *All Levels*

All Levels Hip Openers Yoga: Release tension and tightness in the hips with modifications given for both beginners and experienced students.

Massaging GentleYoga: Ease and relax tension away in gentle but massaging poses.

XP Classes: 45 minute express workout.

For the safety of all participants, please be on time.

You will not be permitted to enter a Yoga, Pilates or a BodyFlow class if you are more than 5 minutes late.