

# 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!

**BodyFlowXP**– A shortened 45-minute Express Workout. All Fitness Levels.

## 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

**PowerYoga:** Yoga that concentrates on the strengthening poses. More standing & strenuous poses are incorporated. *Intermediate to Advanced Levels.*

**YinYoga:** A style of Yoga where Poses are held for a longer period of time. *All Fitness 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*

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.

Most Classes are held in the Mind/Body Studio. Classes designated with an (A) are held in Studio A.

The use of a Yoga Mat is recommended and are provided in the studios for your convenience.