Move mindfully as you build core strength.
A basic, intermediate ballet-inspired hybrid.
A multi-sensory power flow yoga class that evolves.
This intermediate-advanced class integrates movements that are synchronized to breath.
Are you undecided between yoga and Pilates? This is the perfect core conditioner that blends Flow Yoga, Barre, and isometric core strength.

POP-UP CLASSES
Check out our fun and fresh pop-up classes. These free classes will pop-up in place of the regularly-scheduled classes.

FIRE & ICE YOGA SERIES Mondays @ 6 pm (Jan/Feb only)
Warm colors of fire surged as we feel the burn of strength, moves, and power yoga for the first half of this all-in-one class. In the second half of the class, we will use the heat we build in our muscles to deeply stretch and relax with cooling tones and colors (led by Tanya Hardison in the Testino Studio).

HIIT VERTICAL INTENSIVE BARRE
Thursdays @ 10:30 - 11 am (1/9 - 5/30 only)
This non-traditional format mixes Pilates, intense Barre, and dance, core training (led by Tre and Lisa).

SPIN INTRO.
Saturdays @ 10:45 - 11:30 am (Jan 18, Feb 1, 2020)
NEW SPIN Tuesdays 6 pm (Jan/Feb only)

LOVING SOUNDS MEDITATION
Wednesday, Feb 17 | 7 - 2 pm
Join Stefanie Tovar in a practice of low-tone yoga and sounds to cleanse the body, mind, and spirit. Get ready to release your stress as you set intentions to enhance your goals (Mind Body Studio).

CARDIO YOGA:
Flowing Core Blend:
Pilates Barre Blend begins/Barre (Marcela/Christy)

MINDFULLNESS
FLOW YOGA DEEP STRETCH: Slow, mindful flow yoga that ends with deep relaxing stretches. All set to illumi-colored smart bulbs to create an immersive colorized chakra experience.
MINDFULNESS YOGA: Move mindfully as you build core strength and turn on the power with heart openers. Some classes include mindful pathways to being in the moment.

CHAIR YOGA: Stretching + strengthening the body and spine from your chair. Includes healing benefits connected to breath.

SURVIVOR'S YOGA BY CANDLELIGHT: Forty minutes of modified restorative yoga concluding with 10 minutes of mindful meditation. Open to cancer survivors and friends.

GENTLE YOGA: Treat yourself to a yoga class designed to stretch muscles, engage your core, and calm your mind. Using props and gravity, we create space in our body and mind allowing us to move freely.

FLOW YOGA: A gentle series of soft yoga movements that flow between poses with each breath. “Slow” classes move at a faster speed.

ATHLETIC FLOW YOGA: Movement that is synchronized to breath.

HATHA STRETCH: A yoga class that explores postures with hands-on adjustments and teacher dialogue. Props used.

FLOWING CORE BLEND: Are you undecided between yoga and Pilates? This is the perfect core conditioner that blends Flow Yoga, Barre Core Strengthening, and Pilates exercises.

MAT PILATES: Emphasizes body alignment. Pilates strengthens, lengthens, and tones the body through mat exercises creating your power center. Two levels offered: Mat Pilates for Beginners and Mat Pilates for Intermediate-Advanced.

PILATES BARRE BLEND: A basic, intermediate ballet-inspired hybrid class blending Mat Pilates, modern dance conditioning, and isometric ballet barre.

PILATES BARRE BLEND: This intermediate-advanced class integrates the elements of Pilates, ballet, and Barre. A challenging workout to tone the body and strengthen the core.

PILATES STICK: The Pilates Stick sculpting system fuses together a Pilates tower workout with traditional Pilates Mat work.

FLOW YOGA CHAKRA: A multi-sensory power flow yoga class that uses illumi-colored smart bulbs to provide a colorized chakra mood vibe. Some classes end with deep stretch and meditation.

VIRTUAL INTENSIVE BARRE: Flowing dance sequences strike the perfect balance of non-traditional Pilates, intense Barre, dance, and core training.

CHAKRA YOGA: A cardio blasting of dynamic yoga sequences. Rooted in Vinyasa, the movement patterns are cued to evoke joy and confidence.
AQUA FITNESS

AQUA DEEP: A dance fitness class that combines modern dance, jazz, African and low impact into one fun exercise class.

ZUMBA: This dance fitness class uses a mix of Latin moves and international music to create a fun effective workout for all fitness levels. Dance experience is not necessary. Come join the party.

RETRO AEROBICS: Flashback to the 80s for this high-energy low-impact dance style class. Work out to your favorite retro tunes by artists that made the decade so fun. Let's get physical!

J CLASSIC STEP + SCULPT: A dynamic and challenging aerobic step choreographed class. Step class is taught in a fun, innovative and logical progression of step patterns. Topped off with core sculpting exercises.

DANCE DANCE & JAM: This class combines dance fitness with modern art to increase self-expression. Students will participate in a 30-minute dance jam class led by dance expert Gina Chew. Then, guided by artist Heather Cordova, attendees will express their movement experience through spray paint.

IMPROVE YOUR WINTER MOOD Sundays, Jan. 26 & Feb. 2 (1:30 - 2:30 pm)
A mood-boosting “pamper you” class session which offers hand massage, self-foot massage, meditation, gentle yoga, and aromatherapy. Led by Barbara Edes & Kama Blankenship.

DOG YOGA: CIRCLE OF LIFE Sunday, March 1 (1:30 - 2:30 pm)
A guided yoga and meditation practice grounded in sacred text (led by Debbi K. Levy). Find utter joy this spring by engaging in goat yoga with yoga expert Marco Delossantos. Not only will this class improve your emotional vibes, come away with priceless selfies.

GOAT YOGA HARMONY Sunday, April 19 (12 - 1 pm)
A guided yoga and meditation practice that is uplifting for all.

Danny Blankenship.

WHEEL TO SURVIVE CYCLE FUNDRAISER Sunday, February 23 (9 am - 2 pm)
Join us for the 8th annual indoor cycling fund- raiser to raise money and awareness for ovarian cancer to find a cure. This is a fun, annual community event that is uplifting for all.

New location: Gilleys South Side Music Hall