

Sunflower Yoga Class Descriptions:

ZUMBA: A fun, feel good hour of dancing - Zumba is not just a dance class; it's a workout party! We keep the lights low, and the energy high. An incredible cardio workout; no dance experience necessary! No one is ever judging you by your dance abilities; just have fun and feel the music! You will sweat buckets, and have a blast!
Mondays at 6:00 pm, Wednesdays at 6:30 pm, Thursdays at 6:30 pm.

Mixed Level Vinyasa Flow: Our mixed level vinyasa class is suited for yogis of all levels. The practice is based on sun salutations, and a flow from posture to posture tied to the breath. In Vinyasa, the breath and series of movements work together to build strength and stamina, while relieving areas of tension and revitalizing the body and mind. Modifications of postures are always offered to accommodate all levels; allowing both beginning and advanced students the opportunity to enjoy a satisfying, accessible, and energetic practice. **Mondays at 7:00 pm.**

Dancer's Body Workout: A fusion of Pilates, Barre, and strength training. We will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. We will target the abdominals, arms, legs, and glutes; the exercises we practice will promote not only strength, but the lengthening of muscles as well.

ZUMBA/Dancer's Body Fusion: A mix of two of our favorites! Begin with 30 minutes of Zumba to get your heart rate up and your muscles nice and warm, then take it to the mat with 30 minutes of Pilates. We will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.
Saturday's at 9:00 am.

Toasty Flow Yoga: In this all levels class, the room will be heated to 80 degrees, to promote the warming of muscles, and release of toxins. Our flow will be simple and steady, to allow you to keep your focus on the connection with your breath. Heat improves circulation and metabolism, and strengthens the cardiovascular system. Sweating aids in detoxifying the body and rejuvenates the skin. A perfect way to begin your weekend feeling refreshed and rejuvenated. **Saturdays at 10:00 am.**

Family Yoga (Gentle, Restorative): Join us for this relaxing, restorative, candlelit class; open to families, and all levels. We encourage families to join us, to share this practice and make it a fun night out together. This is a quiet, restorative class, so while all ages are welcome, we do recommend ages 8+, and encourage you to decide if your little one is ready for this Yoga class. This class is also open to anyone who would like to join solo, or couples, as well! Feel better, breathe deeper, release, and restore.
This class will meet January 13, February 3, February 24, March 10, March 31, & April 7, from 6:00-7:15 pm.