**Group Fitness Class Descriptions**

**Restorative Yoga:** We will be practicing pratyahara or withdrawing the senses. With the support of bolsters, blocks, straps, and blankets you will experience a deeper state of relaxation for longer periods of time. The asanas typically include light twists, seated forward folds, gentle back bends, and supported recline. This practice creates opening in the body and a refreshing state of being.

**Yoga:** Is a relaxing method to achieve the benefits of health and fitness. You will be performing strong and steady movements while utilizing breathing techniques. You can achieve an improved sense of mind, body, and soul. Come to improve flexibility, reduce stress and tension, and improve energy.

**Zumba:** Is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training.