

Class Descriptions:

Body Sculpting- This vigorous class is just the thing for people who want to lose weight and have fun doing it. Through a combination of kickboxing, stretching, and resistance training, participants will sweat the pounds away and learn how to keep them off.

Hatha Yoga- Become balanced and blissful! Hatha yoga balances “ha” or sun/stimulating energy with “tha” or moon/calming energy. Hatha yoga helps develop physical strength, but also adds another dimension to this with a matching development in emotional strength.

Kundalini Yoga- A dynamic inner/outer workout. Classes are designed to assist participants in developing an intimate and creative relationship with their breath and energy.

Prenatal Yoga- This class focuses on postures that are appropriate for pregnant women with an emphasis on breathing, relaxation, and muscle toning. Participants will learn how to strengthen and stretch the body, focus and relax the mind, control breathing, and develop inner awareness, with the goal of having the best possible pregnancy, delivery, and recovery. This class is for women in all stages of pregnancy. Yoga is a great way to bond with your baby while he/she is still in the womb. Please notify the River of Life if you would like to attend this class.

Mom and Baby Yoga- This class is appropriate for women and their babies who are at least six weeks old but not yet crawling. Provides an opportunity to regain core strength and flexibility, bond with your little one, and meet other moms and babies. Please notify the River of Life if you would like to attend this class.

Pilates- Lengthen, stretch, and tone. Each exercise progression will strengthen the core muscles that support the spine and tone the abdominal muscles. Pilates exercises will also help tone the back, arms, and legs for a leaner, longer body.

Tai Chi- A Chinese martial art that promotes balance, calm energy, and overall health. People of all ages can benefit from the graceful, meditative movements.

Zen Meditation- The purpose of meditation is to develop a strong mind. Benefits of Zen meditation include reduced stress, deeper awareness, and a more effective way of being. There is no charge for this class; contributions to the River of Life are accepted for this training.