



AtlantiCare LifeCenter

MIND, BODY & SPIRIT GROUP FITNESS

CLASS DESCRIPTIONS

PILATES MAT

The Pilates method of body conditioning incorporates stretching and strengthening exercises developed by Joseph Pilates. Pilates tones and strengthens muscles, enables flexibility and balance, and is a total mind and body experience geared to all fitness levels.

TAI CHI

Tai Chi's slow motion movements (also known as Moving Meditation) reduce stress and lower blood pressure. Tai Chi improves coordination, balance, flexibility, and enhances relaxation and concentration. A total mind, body, and inner spirit awareness awaits you by experiencing this class.

SOFT YOGA

This class is designed for the person wanting to learn basic hatha yoga. Classes will incorporate postures of the body, breathing techniques, relaxation and will focus on complete body toning. This class is also a mind and body experience.

POWER YOGA

This class is designed for the advanced person desiring a yoga challenge. Classes will incorporate postures of the body, breathing techniques, relaxation and will focus on complete body toning on an advanced level. This class is also a total mind and body experience.

SENIOR LIGHT YOGA

A light yoga workout that is gentle yet effective. This class is great for the beginner with its slow pacing, easy flow, and relaxing style.

YOGA, KARATE/DANCE FUSION

Yoga, karate, dance fusion is a physical class combining the art forms of karate and dance to increase strength, endurance and flexibility. It will combine the centering, alignment, and stretch of Kripalu Yoga, the endurance and strength of Chikara De Heiwa (A Japanese-American Marshall Art Form), and the excitement and musicality of dance.

PILATES/BASIC BEGINNER

This introductory class to Pilates offers the participant simplistic moves with an instructional application in attaining correct balance, breathing and core strengthening.