

TOMS RIVER FITNESS GROUP EXERCISE
MIND & BODY CLASS DESCRIPTIONS 1/12

Chair Yoga- (60 minutes) Increase flexibility, strength and relieve tension with yoga based exercises using a chair.

Hatha Yoga- (75 minutes) Best for beginner or intermediate. Includes basic breath work, postures and meditation.

Pilates 101- tone your entire body while improving posture, flexibility, balance and core strength. This pilates class is geared for the beginner or for those looking for a gentler workout.

Pilates- A class geared to increase the strength and flexibility of your "core" muscles, the muscles that stabilize and support your entire body.

Restorative Yoga- (60 minutes) Best for beginners. This class will relax your body and calm your mind emphasizing flexibility, breath work and meditation in a gentler manner.

Vinyasa Flow Yoga - (75 minutes) Best for intermediate or advanced levels of fitness. This class coordinates fluid movement between powerful yoga poses with the breath which creates both cardiovascular & strength training workout, ending with a final meditation.

Hot Yoga - (90 minutes) consists of 26 holding postures performed in a heated room 95-100 degrees. By performing this sequence in the heat you will strengthen your body, increase your balance & flexibility while eliminating toxins & burning fat! The postures will be taught for all levels so anyone can do them. Bring a mat, large towel, washcloth & water.