



mind body

the mind and body are not separate. because balance is the key to wellness, we also provide facilities and classes for unwinding and allowing yourself to be "enriched."

yoga instruction teaches the practice of uniting breathing, flexibility, and the state of enlightened relaxation. the conditioning system, Kinesis, shows members how to use their minds to control their muscles with an emphasis on core strength, balance, and posture.

our mind/body program incorporates strength, flexibility, and relaxation into a guided spirit-enhancing workout.

coming in 2008!

private one-on-one or small group classes for up to five, which are progression based and tailored to your individual goals and abilities: Yoga I, II, and Power Yoga. Pilates I, II, Power Pilates, Tai Chi, Belly Fit, Belly Dancing, among others, will be available for additional fees.

renew
your spirit

