

ONSITE FITNESS CLASSES

LOW IMPACT

Beginning Yoga

This class is ideal for those who have never tried yoga or are looking to review the fundamentals. No experience is necessary. Bring a friend and look forward to all the wonderful physical, mental, emotional and spiritual benefits you'll experience on your yoga path.

Chair Yoga

This class is ideal for those looking to learn seated stretches or for those who need a modified stretching routine. It is also recommended for those who cannot participate in a traditional yoga classes due to challenges in getting up and down off the floor. These simple stretches can be done anywhere and can greatly improve flexibility for the entire body. This 4-week series will also introduce basic breathing exercises and relaxation techniques.

Meditation

Nurture (or reset) your nervous system with a gentle practice centered on mindfulness and meditation. Also, look forward to easy stretching exercises, aromatherapy and restorative postures.

Midday Movement

We bring movement to the department – either live or virtually – midday. No need to change clothes or relocate to a gym. When bodies move and stretch, blood flow and oxygen intake increase while endorphins start releasing – this literally wakes up the body and brain for improved focus, creativity and mood. Give us just 15 minutes to make the magic happen!

Relax & Release

Unwind from your week with gentle movement, restorative poses and a longer meditation experience. We promise you'll look forward to this weekly self-care ritual.