





# PAUSE CLASSES

MAR.22

Kindly note that we do not currently provide **towels, slippers or swimwear** as preventive measures to ensure your safety during COVID times, please bring your own.



MON

TIME	CLASS NAME	LOCATION	DURATION
09:00AM	YOGA ASHTANGA LED <span>LADIES ONLY</span>	STUDIO 0A	75 MIN
10:30AM	YOGA STILL <span>LADIES ONLY</span>	STUDIO 0A	60 MIN
12:30PM	STEM SWIFT	STUDIO 0A	45 MIN
03:00PM	THETA FOCUS	STUDIO 0A	30 MIN
04:00PM	PILATES GLIDE DEV (PAID)	STUDIO 0A	75 MIN
05:45PM	PILATES STR <span>LADIES ONLY</span>	STUDIO 0A	60 MIN
07:00PM	YOGA FLOW FADE	STUDIO 0A	75 MIN

TUE

09:00AM	PILATES STR <span>LADIES ONLY</span>	STUDIO 0A	60 MIN
10:15AM	YOGA FLOW <span>LADIES ONLY</span>	STUDIO 0A	60 MIN
11:30AM	PILATES PERFORM SWIFT <span>LADIES ONLY</span>	STUDIO 0A	30 MIN
12:30PM	PILATES GLIDE EXL (PAID)	STUDIO 0A	45 MIN
03:00PM	PRANA BREATHE	STUDIO 0A	30 MIN
04:00PM	YOGA STILL <span>LADIES ONLY</span>	STUDIO 0A	60 MIN
05:30PM	YOGA ASHTANGA LED	STUDIO 0A	75 MIN
07:00PM	YOGA SYNC <span>LADIES ONLY</span>	STUDIO 0A	60 MIN

WED

09:00AM	YOGA STILL <span>LADIES ONLY</span>	STUDIO 0A	60 MIN
10:15AM	BARRE DEFINE <span>LADIES ONLY</span>	STUDIO 0A	45 MIN
11:15AM	STEM SWIFT <span>LADIES ONLY</span>	STUDIO 0A	45 MIN
03:00PM	THETA FOCUS	STUDIO 0A	30 MIN
04:00PM	PILATES GLIDE DEV (PAID)	STUDIO 0A	75 MIN
05:45PM	YOGA FLOW	STUDIO 0A	60 MIN
07:00PM	YOGA RESTORE <span>LADIES ONLY</span>	STUDIO 0A	45 MIN



THUR

TIME	CLASS NAME	LOCATION	DURATION
09:00AM	YOGA ASHTANGA LED <span>LADIES ONLY</span>	STUDIO 0A	75 MIN
10:30AM	YOGA FLOW <span>LADIES ONLY</span>	STUDIO 0A	60 MIN
12:30PM	PILATES GLIDE EXL (PAID) <span>LADIES ONLY</span>	STUDIO 0A	45 MIN
03:00PM	PRANA BREATHE	STUDIO 0A	30 MIN
04:00PM	YOGA SYNC	STUDIO 0A	60 MIN
05:45PM	PILATES STR	STUDIO 0A	60 MIN
07:00PM	YOGA FLOW <span>LADIES ONLY</span>	STUDIO 0A	60 MIN

FRI

09:00AM	PILATES STR <span>LADIES ONLY</span>	STUDIO 0A	60 MIN
10:15AM	YOGA SYNC <span>LADIES ONLY</span>	STUDIO 0A	60 MIN
11:30AM	PRANA BREATHE <span>LADIES ONLY</span>	STUDIO 0A	30 MIN
03:00PM	THETA FOCUS	STUDIO 0A	30 MIN
04:00PM	PILATES GLIDE DEV (PAID) <span>LADIES ONLY</span>	STUDIO 0A	75 MIN

SAT

09:00AM	YOGA FLOW	STUDIO 0A	60 MIN
10:15AM	BARRE DEFINE <span>LADIES ONLY</span>	STUDIO 0A	45 MIN
11:15AM	STEM SWIFT <span>LADIES ONLY</span>	STUDIO 0A	45 MIN
12:30PM	PILATES GLIDE EXL (PAID)	STUDIO 0A	45 MIN
04:30PM	YOGA SYNC	STUDIO 0A	60 MIN

SUN

09:00AM	QI-FLOW	STUDIO 0A	30 MIN
12:30PM	YOGA RESTORE	STUDIO 0A	60 MIN
03:00PM	PRANA BREATHE	STUDIO 0A	30 MIN
04:30PM	YOGA STILL	STUDIO 0A	60 MIN



# CLASS DETAILS



<b>BARRE DEFINE</b>	A technically choreographed dance and Pilates-inspired class resulting in a strong core while improving flexibility, posture, and strength. Move through a series of consciously choreographed steps, which progressively build into a full routine. Work the entire body and target small, stabilizing muscle groups through dynamic and isometric movements. The workout is technical and upbeat, utilizing light equipment and high repetitions. Adaptable for all levels, beginners are welcome.
<b>STEM SWIFT</b>	Prepare to sweat and burn in this dynamic, intense, Pilates-inspired core class, designed to activate and strengthen all of your deep stabilizing muscles--also known as your core.Expect to see additions such as arm balances and basic inversions that will keep you immersed and challenged. The class targets the whole core area for a healthy posture and stronger midsection, and is a perfect add-on after a workout or another class. Adaptable for all levels, beginners are welcome.
<b>PILATES PERFORM SWIFT</b>	An express, full-body Pilates (mat) class, utilizing the standard five basic principles and pairing movement with breathing. The practice is aimed at strengthening and lengthening the muscles whilst maintaining proper technique, form, and breath throughout. This quick yet effective workout is perfect for a busy day. Not advised for beginners. The Foundations Class is recommended to ensure the safety of all members.
<b>PILATES STR</b>	Our Foundations Class provides an opportunity to learn the principles of Joseph Pilates' work, designed to deliver profound results. Pilates works through progressive levels, where you will discover a newfound feeling of control and efficiency of your body and mind. This foundational class is offered in a small-group environment, taking you through the basics and essentials. Your instructor will closely monitor your progress and provide the adequate verbal and tactile cues and corrections. Adaptable for beginners.
<b>PILATES GLIDE DEV</b>	This is our Signature Pilates class, which is a unique mindful movement experience based off of the principles of Joseph Pilates' work, fused with a modern essence.Designed to deliver profound results, we take you through a bespoke series of mat & reformer exercises, where you will discover a newfound feeling of control and efficiency of your body and mind. Not advised for complete beginners. Our Foundations Class is recommended to ensure the safety of all members.
<b>PILATES GLIDE EXL</b>	Our Athletic Reformer class is a challenging movement experience based off of the principles of Joseph Pilates' work, with a quick-paced flare.Rediscover a feeling of strength and control as we take you through a series of reformer exercises to challenge your athletic abilities. This class will move quickly through technical exercises. Not advised for complete beginners as the member needs to have some experience with Pilates practices. Our Foundations Class is recommended to ensure the safety of all members.
<b>YOGA FLOW</b>	A vinyasa-inspired class characterized by flowing poses, linked to breath and designed to create heat. This fast paced class will challenge your strength, coordination, balance, and flexibility. The creative play between sequences will leave you with greater body awareness.Interesting variations are introduced during the class to allow for adaptability to different ability levels, beginners are welcome.



## YOGA STILL

A slow rhythmic Hatha yoga flow, aimed at centering and grounding. The parasympathetic/resting nervous system is activated, and can then be used as a recovery method. Emphasis is placed on mindfully moving through asanas, and utilizing breath for the duration of the class. Adaptable for all levels, beginners are welcome.

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## YOGA ASHTANGA LED

An athletic approach to yoga using flowing poses and sequences, linked to a strong breath pattern. Ashtanga Vinyasa Yoga is often promoted as a modern-day form of classical yoga. The Primary series (Yoga Chikitsa in Sanskrit) translates to Yoga Therapy and follows a series of set postures. The class will challenge you physically and will end with a feeling of deep relaxation. Traditionally, in the Ashtanga lineage, props and music would not be used. Adaptable for all levels, beginners are welcome.

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## YOGA FLOW FADE

Vinyasa Yoga Nidra blends two styles of yoga into one practice. It brings together the benefits of Vinyasa through dynamic flowing sequences to create heat .and Yoga Nidra with a passive recovery via dynamic sleep and deep rest. This class is perfect for balancing a flow of movement with stillness. Adaptable for all levels, beginners are welcome.

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## YOGA RESTORE

Restorative Yoga is the practice of asanas, each held for longer than in conventional yoga, often with the support of props such as folded blankets to relax the body and reduce stress. Expect to leave this session relaxed, as your body and mind becomes calmer in this recovery practice. Adaptable for all levels, beginners welcome.

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## YOGA SYNC

Singing bowls will be used in this class to facilitate elements of meditation and relaxation. Recovery yoga—including types such as Restorative and Yin —will be blended into this healing practice to achieve optimal results. This class may use the support of props such as bolsters, blocks, or blankets to allow for further relaxation. Adaptable for all levels, beginners are welcome.

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## THETA FOCUS

This is a guided meditation class where the practice is shaped by the instructor's voice, encouraging the mind to remain in the present. By focusing on meditational support such as the breathing process, physical sensations, or a sound, we are often able to achieve deeper focus for longer time periods. Numerous research studies also link meditation with an improvement of our physical and mental health. Adaptable for all levels, beginners are welcome.





## PRANA FORM

In this class, traditional Yin Yoga elements will be combined with modern methods of myofascial release. Self-release muscle techniques, prolonged stretching in Yin-like postures, and deep guided breath work will relax the fascial connective tissue and muscles and allow for increased mobility. Additional tools may be added to further assist with these releases, including but not limited to: blocks, straps, and/or massage balls. Adaptable for all levels, beginners are welcome.

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## PRANA BREATHE

Breath work, or pranayama in Sanskrit, is the yogic practice of focusing on breath. Prana means "vital life force"; yama means to gain control. In yoga, we practice breath to evaluate life energies, and to improve mental, physical, and spiritual well-being. There are many forms of breath work therapy that involve breathing in a conscious and systematic way, which can promote deep relaxation and help in feeling reenergized. Adaptable for all levels, beginners are welcome.

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## QI-FLOW

In this low-impact, slow-motion exercise, you continually move through a series of controlled movements and postures to help build muscle strength, coordination, balance, and flexibility. As you move, you will breathe deeply and naturally, focusing your attention on the physical sensations in your body. Tai Chi classes are known to build energy whilst helping to lower stress and anxiety levels. Adaptable for all levels; beginners welcome.

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## THETA FADE

Yoga Nidra, also known as dynamic sleep, takes the body into deep relaxation, while the mind remains inwardly alert. Yoga Nidra is "reaching the border between waking and sleeping states; the crossroads between varying brainwave states". The goal is to finally achieve a "hypnagogic state" - the state between wakefulness and sleep. Meditation experts believe that one 30-minute practice of Yoga Nidra is equivalent to approximately two hours of deep sleep. Adaptable for all levels; beginners are welcome.



