



fitness & spa

# Class Descriptions

**Anusara-Inspired Yoga** This class uniquely marries detailed alignment instruction with vibrant energy, playful approach, and stories with language to open the heart. Each class is an exploration into the body, mind and spirit in order to deeply align with our brightest versions. Barefoot encouraged. **Strength Flexibility Balance**

**Ballet Body** This class will tone and sculpt giving you the lean, dancer's body look you desire. You will sweat and burn your way through strength training exercises rooted in Ballet, Pilates, and gymnastics. Barefoot encouraged. Reservations required. **Cardio Strength Flexibility Balance**

**Cardio Ballet** This class will not only tone and sculpt you into that beautiful lean dancer's body you have been looking for, but it will also jumpstart your metabolism by using bouts of cardio intervals to burn extra calories. This class is similar to our Ballet Body, but will provide additional cardiovascular work. Barefoot encouraged. **Cardio Strength Flexibility Balance**

**Dirty Thirty** This 30-minute circuit training class will challenge you to get dirty. Inspired by Master Personal Trainer, Tim Harris, and intended to make the most out of your lunch hour! **Cardio Strength Flexibility Balance**

**emPower Yoga** This invigorating practice places emphasis on strength and flexibility through varied sets of sequenced asanas practiced with strong purpose. This class will propel you into whatever follows with an abundance of high energy. Barefoot encouraged. **Cardio Strength Flexibility Balance**

**Fit Body** Give your metabolism a kick start with this cardiovascular and muscular challenge. Keeping your heart rate elevated with bouts of cardio intervals while sculpting the entire body with balls, bands, weights and more. **Cardio Strength Flexibility**

**Guided Meditation** An attitude of exploration and non-judgment makes space for the development of each individual's practice. Classes will begin with a few minutes of asana and easy breath work to relax the body and calm the mind. A part-guided, part-silent meditation will follow that will be easily accessible and user friendly. A variety of techniques will be available to experience. Barefoot encouraged.

**Indoor Cycling** This traditional indoor cycling class offers a non-impact, highly effective way to build cardiovascular strength and endurance. Designed for all levels, this classes offers a challenging opportunity to get your heart pumping, burn serious calories and leave you with a feeling of accomplishment and perhaps a desire to be out on the road. Reservations required. **Cardio**

**Indo-Row™** Celebrated by athletes and celebrities alike, and dubbed "The Perfect Calorie Burn," Indo-Row is a one-of-a-kind rowing workout that will truly change the way you think about group exercise. This Indoor Rowing workout is a non-impact, total body, high-energy experience. It will challenge and transform your body as well as ignite your inner team spirit. Reservations required. **Cardio**

**Indo-Row™ 30** A 30-minute total body conditioning experience. Indoor rowing is incredibly effective and efficient. This non-weight bearing exercise provides the benefits of cardiovascular exercise and strength training all in one. This sport is beneficial for beginners and athletes alike – it can be implemented for off-season training, weight loss, rehab and so much more. Reservations required. **Cardio**

**Iyengar Yoga** This Hatha style practice focuses on the *asanas* (posture) and *pranayama* (breath control). Each posture is completed with increased awareness and technique, taking time to address stability and intensify the depth of the posture. A focus on detail incorporates the use of props to help promote complete whole-body well-being. Barefoot encouraged. **Strength Flexibility Balance**

**Mad Abs** This class is just what you've been asking for, 30 minutes of pure ABS. Helping you strengthen and tighten the most important muscles in your body, your CORE! **Strength Flexibility Balance**

**MoVe** Pilates meets Fitness! This class offers heart-pumping sculpting exercises with the efficiency and effectiveness of Pilates using the MVe® chairs. Newcomers are welcomed, no prior Pilates experience necessary. Reservations required. Barefoot encouraged. **Strength Flexibility Balance**

**MoVe & Burn** This is a challenging combination of cardiovascular and strength drills performed in a circuit format for maximum calorie burn. The finishing touch includes a finale of exclusive exercises on the MVe® chair to strengthen and define the core muscles. Reservations required. **Strength Flexibility Balance**

**MoVe & Define** All the MVe® exercises you enjoy and more! In this MoVe class, we'll incorporate additional resistance training accessories to strengthen and tone your body. Reservations required. Barefoot encouraged. **Strength Flexibility Balance**

**MoVe & Flow** In this class, experience Pilates fusion in a flowing format. MoVe & Flow is guaranteed to tone and strengthen your body while also offering light cardiovascular benefits. Be prepared for a slight mental challenge as well! Reservations required. Barefoot encouraged. **Strength Flexibility Balance**

**MoVe Healthy Back** In this class, we will incorporate healthy back stretching and mat exercises into the MVe® chair format. Emphasis is placed on developing strength specific to developing good posture while creating and maintaining core strength, flexibility, balance and back and joint health. Barefoot encouraged. **Strength Flexibility Balance**

**Pilates Mat Fusion** An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, coordination and mind/body awareness. Barefoot encouraged. **Strength Flexibility Balance**

**Pura Fit Yoga** This practice includes an athletically influenced Yoga format that provides a well-balanced variety in routine for athletes of all sports, fitness enthusiasts and yoga lovers alike. This low-impact cross training class can help you develop better a breathing technique while it improves your balance, flexibility, core strength, and endurance. Barefoot encouraged. **Strength Flexibility Balance**

**Pura Flow Yoga** This class matches the comfort of fluid, graceful movement with the strength-building power of challenging postural flow resulting in a truly enjoyable process to cleanse, inspire and inform. Barefoot encouraged. **Cardio Strength Flexibility Balance**

**PurAlign Yoga** This practice pays particular attention to precision of alignment, form and structure. Each yoga pose is experienced and examined thoroughly, often with the use of props, resulting in greater strength and flexibility as well as improved physical posture and deep power of concentration. Barefoot encouraged. **Strength Flexibility Balance**

**Qi Gong** This is an ancient form of meditative martial arts. It combines slow choreographed movements with the breath to bring the body into a better state of alignment. Qi Gong has been used daily by many as a way to encourage more energy, better mood, and as a preventative and curative method for different types of disease. Barefoot encouraged. **Flexibility Balance**

**Restorative Yoga** A relaxing sequence of breath-infused stretch flows and moderately-paced asana practice meant to release tension, "untangle" knots and restore energy. This session ends with a long relaxation meditation. Barefoot encouraged. **Strength Flexibility Balance**

**Retro Sweat** There is a reason the modern fitness movement exploded in the 80s! The music! The moves! The leg warmers! Break a sweat while moving and grooving to the 80s moves and beats in this retro-hip modern day aerobics class. **Cardio Strength Flexibility Balance**

**Rhythm & Ride** An indoor cycling class that challenges you to embrace the rhythm of the music. Move to the beat while incorporating upper body exercises and using the bike for more than cycling. Reservations required. **Cardio Strength**

**Ride & Row** Experience a strong cardiovascular workout and full body muscular challenge in this action packed hour. Meet in the Performance Studio for an indoor cycling and indoor rowing combo class. (standard athletic shoes are suggested, additional cycling shoes may be used for cycling as well). Only at Pura Vida Fitness & Spa. Reservations required. **Cardio**

**Stretch & Align** This class brings a sequence of deep and focused stretches to those who are looking for a thorough stretch routine. We will open the muscles and joints through alignment, which will deeply restore energy to both the mind and the body. Barefoot encouraged. **Flexibility Balance**

**Strong Body** This sculpting class includes all benefits of movement and incorporates all major muscle groups of the body. Be prepared for an hour of power! **Cardio Strength Flexibility Balance**

**Thermal Yoga** These Bikram-style sessions give you the benefit of growing within the realm of repetitive, consistent and challenging structure. This practice, known as the original "hot yoga" is hosted in a very warm studio and includes 26 asanas, sometimes repeated twice, along with breath exercises intended to build strength, flexibility, stamina and inner focus. Barefoot encouraged. **Cardio Strength Flexibility Balance**

**TRX Unleashed** Unleash your inner athlete and score with this class! With suspension training you'll perform hundreds of exercises that build power, strength, flexibility, mobility and prevent injuries. Reservation Required. **Strength Cardio Balance**

**Turbo Kickbox** Join this choreographed kickboxing class inspired by Dance, Tae Kwon Do, Capoeira, Tai Chi, Boxing and Funk! Enhance your dance moves with the latest music - and burn some serious calories while you're at it! **Cardio Strength Flexibility Balance**

**willPower & grace™** WillPower is the ability to create change using the power of your mind. Grace is how you land on your feet. This is a mindful, energetic cardio mosaic of postures, drills and principles. We integrate barefoot training methods to help strengthen your feet and correct imbalances in your ankles, knees and hips. In time you will stand taller, walk with greater confidence and move with integrity. Barefoot encouraged. **Cardio Strength Flexibility Balance**

**Yoga Body** This is a yoga sculpt format that combines the benefits of yoga with the intensity of strength training. This class will deepen your practice by adding cardio, plyometric and strength training to fundamental yoga poses. It will include segments of core and total body work as well as yoga flow with weights. This class is appropriate for all levels. **Strength Flexibility Balance**

**Zumba** The Latin word Zumba, which means, "to move fast and have fun!" - represents a dance-fitness workout that is full of spice and zest. This popular cardio party offers a combination of Latin rhythms and international dance steps for a fun-loving, calorie-burning, mood swing in the right direction! **Cardio Flexibility**