



Monday

6:15PM-7:15PM

TAI CHI

with MARLON in the STUDIO

Tai Chi for health aims to improve the quality of muscles and joints externally and to enhance the workings of the natural body internally.

Tuesday

9:30AM-10:30AM

HATHA/YIN YOGA

with Marcia in the STUDIO

All levels including restricted movement – a conditioning, strengthening and energy opening practice that incorporates balance, flexibility and restorative healing.

Thursday

8:30AM-9:30AM

GENTLE YOGA

with Marcia in the STUDIO

A soft, nurturing, slow-paced and relaxing practice, incorporating stretches, postures and smooth, rhythmic flow.

Thursday

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5:00PM-6:00PM

POWER VINYASA YOGA

with MARCIA in the STUDIO

A powerful, energizing form of Yoga where students move fluidly from one pose/posture to another - connecting breath to movement.

Friday

5:00PM-6:00PM

SUNSET SALUTATION YOGA

with KESHIA on the BEACH DECK

Vinyasa Flow Yoga (all levels) with active Sun Salutation flows amid a beautiful beachfront environment with a sun-setting systematic relaxation at the end.

Saturday

9:00AM-10:00AM

PILATES

with LESLEY in the STUDIO

With Pilates - develop core and muscular strength, endurance, alignment, coordination, balance and good posture.

10:30AM-11:30AM

FLOW YOGA

with MAY in the STUDIO

Flow gracefully from Asana to Asana uniting breath and movement in choreographed dance-like sequences. Gain strength, experience ease and relieve tension.

