Group Exercise Class Descriptions
Fall 2018

Advanced Pilates with Cathy Raymond (Tuesday, 1:05-2:00PM)
Pilates is a progressive system of exercises designed to stretch, strengthen, and balance both mind and body. Benefits include increased core strength, better posture and balance skills, more physical and mental energy, and improved sports performance. This class is designed for more experienced Pilates students and is also appropriate for those with yoga, martial arts, dance, or athletic training. All levels of ability and experience are welcome.

Aligned Flow Yoga with Greg Hedler (Monday, 7:00-8:00PM)
Everyone is welcome in this multi-level class that combines principles of alignment (Hatha Yoga) with a Vinyasa Flow practice. Greg teaches to those who take his class with respect to ability while he encourages each student to their capacity. This is a full spectrum class where every category of pose will be taught with the intention to Energize, Restore, and Expand one’s mind and body. All levels of ability and experience are welcome.

Group Circuit Training with Chris McPherson (Monday/Friday, 12:15-1:00PM)
Do you struggle to figure out what workout to do in The Matchbox or are you in need of some extra motivation? If so, this class is for you. With a class size of 16 or less, receive the personal attention that will help you build muscle, burn fat, and improve your overall fitness through a total body workout. The class will offer modifications or challenges to suit each participant. All levels of ability and experience are welcome.

Pilates with Cathy Raymond (Wednesday, 12:15-1:00PM)
Pilates is a progressive system of exercises designed to stretch, strengthen, and balance both mind and body. Benefits include increased core strength, better posture and balance skills, more physical and mental energy, and improved sports performance. This class will include modifications for each exercise to support and challenge all fitness levels. All levels of ability and experience are welcome.

Pilates Core Curriculum with Cathy Raymond (Tuesday, 12:15-1:00PM)
Joseph Pilates believed that our bodies should be as strong and flexible as our minds. His exercise system was designed to help everyone create positive change through movement and focus. Classes will include core strengthening exercises and techniques to release tension in the body, especially focusing on the neck, shoulders, and hips, as well as how to improve everyday actions such as walking, sitting, standing, breathing. We will also work to improve balance, since this is a skill that can be learned at any stage in life.

Power Yoga with Emily Forte (Thursday, 5:00-6:00PM)
Emily will work with you to concentrate on alignment and fluidity from one pose to the next. The sequence is a total body workout that creates longer, leaner muscles and supports creating more flexibility, strength, and balance throughout the body, along with building focus and endurance. All levels of ability and experience are welcome.

Vinyasa Flow Yoga with Kathy DiGiorgio (Thursday, 12:15-1:00PM)
The linking of movement and breath is used to create a ‘vinyasa flow.’ This is a well balanced class offering a warm-up and building to sun salutations, balancing poses, and finishing with long-held floor poses. Vinyasa Flow cultivates balance, flexibility, strength, and endurance. The class sequences will offer modifications or challenges to suit each student. All levels of ability and experience are welcome.

Vinyasa Sculpt with Kat Capossela (Sunday, 4:00-5:00PM)
An athletic approach to yoga through intense strength building sequences that also integrates a study of yogic philosophy. This high intensity class challenges the body’s balance, flexibility, and strength on the mat with the intention of bringing those elements off of it. All levels of ability and experience are welcome.

Zumba with Zack Lash (Monday, 5:00-6:00PM; Wednesday, 7:00-8:00PM)
Zumba is a Latin-inspired, high energy, calorie torching, dance party of a workout! There are many dance styles incorporated into a Zumba class so there is something for everyone. All levels of ability and experience are welcome.