

Mind/Body Specialty Classes



For all Pilates & Yoga Classes a Personal Mat is highly recommended

PILATES MAT CLASSES

Based on the work of Joseph Pilates, are a highly effective mental and physical conditioning method that emphasizes muscle balance, core strength, concentration and breathing. Participation in Beginning Pilates session or approval of instructor is required before attending Intermediate, Advanced and specialty Sculpt levels.

BEGINNING PILATES MAT

(offered November – May)

Start your practice with learning the biomechanical principles of Pilates work. Fundamental exercises extended into beginning mat sequences including transitions into longer **sequences**, slow building core strength and flexibility along with deepened body awareness.

INTERMEDIATE PILATES MAT

Participants should have understanding of the basic command principles of Pilates work. Using strength and control necessary to learn intermediate moves that require balance combinations of different body parts. Stamina is created to progress towards Advanced Mat work.

ADVANCED PILATES MAT

More challenge out of their Pilates workout. Created on the same five basic principles as essential and intermediate levels, with additional advanced level exercises taught and incorporated during the hour. Exercises are quicker paced, held longer require more coordination and flow from one exercise to the next with little pause in between. Participants need to have a strong understanding and embodiment of the basic principles, be strong enough in intermediate work to be looking for that deeper challenge.

PILATES SCULPT

For the intermediate or advanced participant who desires a more intense Pilates workout that sculpts muscles of the entire body. Instructor recommendation required.

In Intermediate or Advanced Pilates classes, Instructors may incorporate Weighted Ball, Resistance Ball, BOSU, or other pieces of equipment.

PILATES BOOT CAMP

This class will challenge anyone willing to test their mettle and strengthen their core. The instructor will take you through a full range of exercises suited to challenge your own limits.

PILATES ADVANCED CIRCUIT CLASS

Join this small boutique-style class which takes advantage of Pilates equipment for advanced training, including the reformer, bi-pedal chair, weights, balls, rings, etc... **Instructor approval required before registration.**

YOGA CLASSES

Achieve unity of mind and body through movement, meditation and breath with yoga classes.

BEGINNING FLOW YOGA

For the beginning yoga student or those who want to develop a yoga practice, this class emphasizes linking breath to movement and building from one posture to the next, stretching and strengthening your whole body. This is a dynamic class but you'll be amazed at how relaxed you'll feel when you are done.

CONTINUING FLOW YOGA

Challenge your strength and endurance with a dynamic sequence of poses including elements from Vinyasa Flow and Anasura yoga. Preparation work for inversions and backbends will be incorporated into the flow of poses. Bring peace to the heart, mind and body through movement. Beginning yoga classes required for participation.

INTERMEDIATE/ADVANCED YOGA

Take your practice to a deeper level! This dynamic flow class offers a wide range of more intense and challenging asana, including inversions, backbends, and arm balances. This class will also explore more deeply into the philosophy of yoga. The teacher will encourage the student to be responsible for taking rests and modifications as needed (4 sessions of Yoga is required. – Must have personal mat.)

LUNCHTIME EXPRESS YOGA

Refocus your lunchtime with this express yoga class. This 45-minute class begins with deep breathing to calm the mind and prepare the body for practice. Leave refreshed and de-stressed.

SUNRISE YOGA

Greet the day using this challenging flow-style class that builds endurance, strength and an awareness of breath. Use the sequence of 12 yoga postures traditionally used in yoga classes to increase proper body alignment and form.

YOGA FUSION

A Mind/Body fusion class incorporating concepts of Pilates and Yoga.

FELDENDRAIS METHOD®

Move better – feel better! The *Feldenkrais Method®* uses movement and guided attention to improve your strength, flexibility, balance, coordination and focus in an easy and pleasurable way.

NIA

NIA is the ultimate “East meets West” method to tone your body, mind and spirit. It is fitness fusion at its finest. NIA uses a barefoot, grounded approach to maximize body efficiency and teach you to consciously move in a gentler way. This is a workout that **MUST** be experienced.

TAI' CHI CHIH

T'AI CHI CHIH

Continue your practice of T'ai Chi Chih in a group setting as you continue to master the balancing and circulating your “chi” within your body. **Contact Group Fitness Coordinator if you have not participated in class before.**

TEEN CLASSES

TEEN YOGA/PILATES

Experience the best of Pilates and Yoga for strength, flexibility and core development. This class is for teens only

TEEN BOOT CAMP

Get fit for sports, fun or life. Join your friends in this 60-minute workout using step, cycle, BOSU, ropes, stability balls and more. This class is for teens only.

**All Wellness Specialty classes are held at the St. Paul JCC, 1375 St. Paul Avenue, St. Paul MN 55116
Questions??? Contact Anna Marie Piccolo, Interim Group Fitness Coordinator, at 651-255-4763 or email fitlady@stpauljcc.org**