

Tranquility Time



WHAT IS IT?

Create a new you with Tranquility Time! Increase your stamina, strength and flexibility as you experience this 50-minute journey using yoga and Pilates fundamentals. This program is designed for dynamic, whole body movements. Uplifting music, and supportive instructors will enable you to focus your energy on you and create a tranquil state of mind!

WHAT WILL I DO?

This class has a consistent format that will enable you to get comfortable with movements to see your health physically and mentally improve. The hour consists of 11 sections, with motivational music.

1. Focus – Bringing your mind and body away from the busy day and finding tranquility.
2. Engage - Athletic, functional, movements kick off the class to get your mind and body warm.
3. Gratitude – This is where the work begins; traditional yoga postures are repeated, building strength and stamina.
4. Challenge – Strength yoga poses put the body to the test during this physical track.
5. Balance – This track brings the body down allowing you to focus inward and concentrate on balance, but you are still working and burning calories.
6. Core Outward – Core training for the often-neglected back area will create muscle balance.
7. Core Inward – Uses inspiration from one of today’s most popular exercise trends, Pilates, to strengthen your abs and stabilize your center.
8. Hips – Exercises utilized to promote both stability and mobility through the hips, which translates to a healthy and pain-free back and spine.
9. Spiral – Includes rotational movements to improve the mobility, flexibility, and stability of the spine, all requisites to feeling and staying young!
10. Compression – Lower back and hamstrings stretches are the antidote for a physically and mentally stressed body.
11. Restore –Release all the work you just did in last hour and leave the class feeling refreshed!

IS IT FOR ME?

Tranquility Time is truly for everyone, removing barriers of age, gender, and fitness background. This design of the program makes it easy for everyone to achieve success, master techniques over time, and return for more.

HOW OFTEN SHOULD I DO IT?

Tranquility Time can be done as often as you like. How you feel is your best judgment of your body’s recovery needs between workouts. It is important that you gradually build a regular class schedule, being careful not to push too far, too fast.

** You will need a yoga/exercise mat for this class **