

PIES Fitness Description of Classes

1st Sundays – is a class designed to challenge all skill levels. Is your schedule so busy during the week that you need a class to jump start all that you have to deal with? This class is just for you. Every 1st Sunday is FREE! Instructor: Malyssa

Belly Dancing - was and is the most natural way for a woman to move, no matter what age or weight. The movements awaken the sensuality and feminine power within, creating a stronger more flexible and graceful body. Instructor: Mayasa

Boot Camp - Increase your strength and endurance with this energetic workout! Burn fat and calories through interval training with cardio drills and resistance training, all using your own body weight! Learn how to sculpt your arms, abs, and legs without bulky, heavy gym equipment! You'll be challenged and motivated to be the best you! Instructor: Kevin

Budokon – A blending of classic yogic asana, floating techniques and rolling into balance poses. The budokon physical practice draws upon ancient and modern yogic and martial arts styles. Instructor: Malyssa

DIVA Yoga – A flowing yoga sequence designed with the senior DIVA in mind. Instructors: Marsha

Half and Half - Combination class offering boot camp and yoga moves. First half of class focuses on getting the heart beat up through cardio drills. The second half of the class gently lowers the heart beat through traditional yoga postures. Instructors: Erika & Marsha

Hot Yoga Your Way - Sequenced flow of postures in a heated room in order to warm the muscles and joints for a safer, deeper stretch while working with the internal organs to release toxins. Students are encouraged to work at their own pace recognizing that the process of safely doing it “your way” is just as rewarding as “nailing” the posture. Please bring water and a towel. Instructor: Marsha or Sihnuu

Kickboxing - This total body workout will give you cardio AND toning at the same time! Strengthen and tone your arms with jab, cross, and uppercut punches! Get strong, lean legs through squats and kicks! Blast fat and burn calories while targeting every muscle in your body! Learn proper execution of punches and kicks to also sculpt and tone your abs without doing crunches on the floor! This exciting workout gets your heart pumping and energizes you to get to your next level of fitness! Instructor: Erika

Kids Yoga – An exciting hour of yoga poses! Come and figure out why your parents are always talking about yoga. This class will give you a chance to experience all the joy of yoga while flowing from posture to posture. Bring your friends. Instructor: Marsha

Morning Flow - A comprehensive, balanced class with a steady flow, relaxation between asanas, and guided instruction throughout. Instructor: Malyssa

My Body Don't Bend That Way Yoga – A class designed for those of us whose bodies don't seem to want to bend the way we want them to. This class is designed to take yoga at a gentle but challenging pace. Modifications are offered to challenge all levels. Instructor: Marsha

Prenatal Yoga - Combination class offering stretching, strengthening and relaxation techniques to provide relief from common discomforts of pregnancy and to assist in the preparation for labor and delivery. Appropriate for all trimesters. Instructor: Marsha

Spiritual Yoga - Flowing postures designed to strengthen your mind, body and soul while listening to spiritual music. Instructor: Marsha

Sunday Yoga – A traditional smooth flow of yoga postures. All levels welcome. This class is a steal at only \$5 a class. Instructor: Malyssa

Wake-Up Yoga – Start your day with an hour for yourself. Practice a sequence of postures that will leave you energized for the day. Instructor: Marsha

Yoga Pose by Pose - Flowing postures are performed focusing on linking breath and movement. This class allows each posture to be practiced at a level so that every student feels comfortable with every aspect of the postures. Instructor: Marsha

Zumba - fuses hypnotic latin rhythms and easy to follow dance moves to create a dynamic workout that will blow you away! Experience salsa, reggaeton, merengue, cha cha, belly dance, cumbia and more. Come and shake your booty with this one-hour aerobic exercise party! Instructor: Krishna