



Group Classes (60 minute sessions)

Mat Pilates

Pilates mat exercises will stretch and tone your entire body increasing functionality and stability for everyday activities. Similar to yoga, Pilates links its specific sequencing with breathing, connecting the mind with the body. These exercises are suitable for any body type, and appropriate for any age or skill level.

Lunchtime Conditioning Workout

This class will jump start your lunch hour with a heavy dose of total body conditioning with workouts that blend both cardio and strength components. Come get your "sweat" on during lunch.

Anusara/Kripalu Yoga

This class blends two styles of Hatha Yoga - Anusara and Kripalu This unique style of yoga blends alignment principles of the body, heart-centeredness and meditation in movement. All levels of ability and yoga experience are honored for their unique differences, limitations, and talents. In each class students learn to find their own level of practice on a given day by looking inward.

Evening Conditioning Workout

End your day the right way, with a heavy dose of total body conditioning with workouts that blend both cardio and strength components. You'll get a workout that promises to help you "sleep like a baby".

Kettlebells 101

For those of you looking for a lean, strong body with a powerful core– kettlebell circuit training is for you. Empower's Kettlebell classes deliver a total body workout with strength and cardio training like no other. The classes are geared toward beginner and moderate ability levels.

Boot Camp

Boot camp workouts are a great way to get fit, lose fat, and have fun. Empower's Boot Camp classes focus on full body fitness and address all areas of fitness including cardio and muscular endurance, fat loss and weight loss, full body strength, agility, balance, and flexibility. Most importantly you'll get results!

Pricing

Pass card option		
5 class card	\$100
10 class card	\$180
15 class card	\$225
Private Yoga/Pilates sessions	\$70