

## **SMC Class Descriptions**

**Pilates Mat-**Pilates utilizes precise movements and optimal alignment to achieve improved core strength, posture, as well as, improving back health, coordination and breathing. Everyone can benefit from this intelligent exercise system! Classes are all levels and modifications are shown to decrease or increase difficulty level as needed. 60 min.

**Yoga-**Increase your flexibility, improve posture, athletic performance and breathing through practicing Yoga asana's (poses.) Utilizing The Anusara Universal Principles of Alignment (TM) classes will focus on proper alignment for your individual body and show multiple levels and modifications for all the poses. Yoga will stretch your body, relax your mind and uplift your spirit! All levels class with modifications shown for your level or needs. 70 min

**Body Pump-**"The fastest way to get in shape." Developed by 4 time Olympian Les Mills, this class is a complete full body barbell and weight workout set to music. Every muscle group is covered and you can choose the amount of weight you workout with. If you are looking to increase lean muscle mass, build bone density, and get strong, this class is it. 60 min. (**There are limited number of weight sets. First come first serve basis or call to reserve if you don't want to miss out.**)

**Body Pump Express-**A 30 min variation of original barbell workout. Great for beginners.

**BootCamp-**A great way to take your strength to a new level! Stations are set up with various exercises. We perform each exercises for 2 min straight, then switch to the next exercise. Completing the circuit twice. Each class begins with education on how to perform the exercises safely and ends with a stretch. You can work your station alone or with a partner. 60 min.

**Indoor Cycling-** A high intensity cardio workout on indoor stationary bikes set to fun, inspiring music. You are in control of your resistance, so the class is as challenging as you make it. (**Please sign-up ahead of class as there are a limited number of bikes.**) Bikes are SPD shoe compatible. 60 min.

**Belly Dance I-** Includes the basic steps and foundations of American Tribal Style Belly Dance. Each class will emphasize posture, simple stretches, a moving meditation and a breakdown and drill of one move, along with review of previous moves. Ideal for beginners. 60 min.

**Belly Dance III-** This class continues to build upon the steps and variations introduced in American Tribal Style Belly Dance I. Each class will include emphasis on posture, simple stretches, a moving meditation, core drills, cues, transitions, and

tribal combos. Ideal for those with some experience. 60 min.

**Kids Creative Dance**-Creativity abounds as kid's explore dance and movement. Taught by two dance instructors both with a rich and varied background. Ages 4-6 and 7-9. Please contact Chris Chambers for more information. **387-5166**

**What is Anusara Yoga-Anusara** (a-nu-sar-a), means "flowing with Grace," "going with the flow," "following your heart."

Founded by John Friend in 1997, Anusara Yoga is a powerful hatha yoga system that unifies a Tantric philosophy of intrinsic Goodness with Universal Principles of Alignment™. Currently, Anusara Yoga is one of the most popular and fastest growing yoga styles in the world with over 1200 affiliated teachers and 100,000 students world-wide. Anusara Yoga classes are now found throughout the United States, Canada, Mexico, the UK, Europe, Australia, and Japan. Anusara Yoga's remarkable popularity is due in large part to its uplifting philosophy, epitomized by a "celebration of the heart," that looks for the good in all people and all things. Consequently, students of all levels of ability and yoga experience are honored for their unique differences, limitations, and talents. This life-affirming vision sets the basis for a yoga system in which the harmony and joy of a tightly knit community is exulted. Not only is Anusara Yoga an elegant system of alignment principles and non-dual philosophy, but it is also a wonderful community of highly trained teachers and fun-loving students. Anusara Yoga is held together by everyone's implicit alliance to the spiritual principles of Anusara Yoga philosophy, such as celebrating beauty in all its diversity, truthfulness, and honoring the creative freedom of the Divine in all beings. Everyone is aligned with the truth that Grace plays the key role in the successful flow of their practice, classes, and the community itself. Without a rigid dogma, the system is open to continual change and restructuring. Self-examination, discovery, and receptivity to new ideas are foundational to this dynamic system. Individual creativity and investigation are always encouraged within the bounds of basic alignment principles and philosophic precepts of Anusara Yoga. Anusara Yoga grows with harmony and integrity through the combined vision of our Anusara Yoga teachers to unveil the innate goodness, worthiness, and supreme nature of each student and every being.  
(adapted from anusara.com)

\*ALL of SMC's Yoga instructors are on track to become certified Anusara Yoga Instructors. This process is a committed multi year process that

includes hundreds of hours of instruction, teaching, workshops, teacher training's and personal practice. We feel that The Anusara System offers the most accessible, biomechanically correct, and uplifting experience offered for Yoga students today, our classes reflect this ideal.

**\*Private Yoga and Pilates lessons are available\***  
**Please call us to schedule 970-387-5187**