



Chuan Fitness Classes

Anusara Yoga: (Anusara means “Flowing with grace”) classes are lighthearted, positive and fun. They are not easy, however they include vinyasa flow and a lot of alignment work.

Tai Chi: (literal translation “Supreme Ultimate Fist”) is an internal Chinese martial art practiced for both its defense training and its health benefits. It is also typically practiced for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, and longevity. As a consequence, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some of tai chi Chuan’s training forms are especially known for being practiced at what most people categorize as slow movement.

Chi Gong: is a set of meditative exercises developed over 2,000 years ago by Taoist monks in China. By combining simple body movements, breathing and mental imagery you can direct the flow of your body’s energy to prevent disease, build strength and to advance spiritually.

Flow yoga: introduces increased movement and breath connection to basic yoga postures. The overall result of flow yoga is a full mind/body workout that is appropriate for people of all ages and skill levels. The consistent movement can benefit students who suffer from stiff joints and anyone else who struggles to hold poses for an extended period of time.

Body Conditioning: is the exercise and practice to build the body up for either improved normal performance, as in physical therapy, or in preparation for sports performance.

Body Toning: Experience one of the newest and hottest concepts in weight loss... using your own body weight as the resistance factor! Burn calories, lose fat, improve muscle tone, core strength, flexibility and posture with this simple effective workout... Selection of exercises target every part of your body.

Fit Physique: Incorporates cutting edge exercises drawn from traditional strength training as well as Pilates inspired movements in order to form a long lean toned body. Extra Stretching for perfect posture.

Rock the Plank: A dynamic mind body workout designed to acutely train, strengthen and define every inch of your core inside & out. Connect your center to every movement, improving overall performance, form & endurance.

Flow Play Yoga: An energizing Vinyasa class using music and sound healing as a catalyst for better movement, mental clarity and more efficient practice.

Pilates Power Flow: Focus on traditional Pilates and Yoga concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

Cardio Kickboxing: Cardio Kickboxing is an aerobic exercise with a martial arts flare. This program will help you to lose weight, tone your muscles and have fun. Beginner, intermediate and advanced students are welcome. The class combines cardio kickboxing, weight training with a Kettle Bell, core strengthening with power abdominal work and stretching. Although many of the exercises can be performed using your own body weight, you may want to use a pair of light dumbbells to add to the challenge.

Beginner Mat Pilates: In this Mat Pilates we start with the foam rollers and balance the spine with warm-up rolling. I make sure that no muscle group is overworked and the body moves as an efficient, holistic system. This Beginner Mat Class continues by engaging the core with the fundamentals of the mat work movements. The heavy emphasis on abdominal strengthening and lengthening the spine is focused on throughout the class and is a necessity for overall health and fitness at all levels.

Cardio Circuit Training: This circuit workout is a great calorie-burner and perfect for travelers or for people who want to get more done in a short period of time. This workout moves fast and involves high intensity cardio as well as combination strength moves involving both upper and lower body. The treadmill is used to warm-up followed by a series of Kettle Bell exercises, core training, combination lunge/bicep and squat/tricep movements.