

Infinite Light Center Class Descriptions

Yoga

Multi-Level Yoga - all levels. Infinite Light Yoga's signature Multi-level classes combine the wisdom of yoga with the science of exercise for an amazingly transformational experience. Each class is led using detailed instruction to encourage anatomical alignment. Variations and modifications of the postures are woven into each class in order to ensure the highest level of participation and enjoyment for each student. Every class is a work of art, uniquely created to be both educational and transformational. Each class is designed around a theme or practice, making it possible to learn something new in every class.

Gentle Yoga - all levels. Our Gentle yoga classes are less strenuous and taught at a more relaxed pace than many other yoga classes, so they are perfect for seniors, pregnant women, practitioners who are recovering from injury, and those who are fit but lack flexibility. The classes are led offering the use of props, chairs if needed, and modifications whenever possible, honoring each person's unique needs. Additionally, the Gentle class provides you with more individualized attention than other classes helping you get the most out of your experience.

Barre

Balanced Body Barre - all levels. Tone and sculpt your body in this ballet-inspired class. Our Balanced Body Barre class is a non-impact fitness class that is appropriate for all levels and ages. In this class, you will make use of the ballet barre to target all muscle groups, while employing muscle-shaping isometrics to quickly and safely reshape the entire body. Balanced Body Barre emphasizes safety and body awareness for unique body-transforming results. No dance experience required.

Nia

Nia - all levels. Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul. Nia is based on the intelligent design of the body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced. Nia combines dance, martial arts, and healing arts to get you fit in 60 minutes - body, mind, emotion, and spirit. Nia is non-impact, practiced barefoot, and adaptable to individual needs and abilities. With Nia, every person can discover, explore, unleash, and enhance their individual potential to live a healthy and meaningful life by engaging their senses and listening to their bodies.

Pilates (Series)

Pilates. Pilates is a mind-body conditioning exercise program that targets the deep postural muscles of the abdomen and spine to improve overall central core stability and posture. You'll learn how to move safely and efficiently while improving your overall level of fitness. This series incorporates modern theories of exercise with spinal rehabilitation through five basic principles without high impact movement. Students should have some basic experience with Pilates before enrolling in this class.