

Class Descriptions

HOT ROOM CLASSES

Hatha

Hatha (meaning the sun and the moon) is a slow-paced class that offers a posture followed by a counter posture. At Prana we generally offer Bikram's healing 26 posture series but expect to sometimes be presented with variations. Hatha although originally created to heal, also detoxifies while building strength, flexibility, and balance.

Fusion

Hatha and Vinyasa postures blended together throughout this 60-minute class, giving you a strength and stability focus. Moving at a slower pace, Fusion is a fun flow that should be sought out by the beginner to the most advanced yogi.

Vinyasa

Sculpt your body with Vinyasa Yoga. This links breath with movement to tone and strengthen the body. Vinyasa moves at a faster pace in comparison to our Hatha class.

Gentle Flow

Slow down your Vinyasa flow giving each asana time to be learned and experienced. Each class starts slow and then progresses to a bit of true Vinyasa. You will learn to feel your own space before stepping into a faster paced environment.

Advanced Heat Sculpt

Heat sculpt is an advance total body workout. It is a combination of weights, arm and leg exercises, and Vinyasa flows. **This class is not for beginners.** Please speak with the instructor before the class begins.

Yin

Improve your immunity, organ health and emotional well-being with this slow-paced yoga class. Yin will have you holding asanas for 3-5 minutes or longer getting into the deep connective tissues of the body. Yin is known to improve flexibility and circulation in the joints (room temp around 85 to 90 degrees).

Power Pilates

Power Pilates is a combination of vinyasa flows with Pilates core. Pilates are controlled movements designed to build flexibility, develop a solid core, and improve coordination and balance.

COLD ROOM CLASSES:

Barre

Transform your body while moving to the beat of the music. Barre is a full body workout, concentrating on your legs, buns, abs, and arms. This class combines Pilates, yoga and ballet moves to design a low impact routine.

Circuit

Strengthen your heart, strengthen your muscles, and use your strong mind in this fun yet challenging class. Alternate strength training with free weights to cardiovascular moves, in a variety of ways. Expect a different type of workout every time you come. This class is sure to have it all!

Cycling

This high intensity cardio workout is sure to improve your strength and endurance in no time. Lose yourself in the music as you pedal through climbs, sprints, and many other challenging fun exercises. From the beginner to the advanced, this class is for everyone. Please remember to bring shoes (clip ins (SPD clips) if you have them), water, and a towel. (**CycleStrong** includes weights or TRX)

Arms and Abs or Legs and Abs Express

These 45-minute workouts are guaranteed to leave you sore tomorrow! You will pair arm moves or leg moves with ab exercises strengthening not only your upper or lower body and core, but burning serious calories too!

Interval Step

Total body conditioning that involves both strength and cardio exercises using a step and weights. This class targets all major muscles in a variety of ways. Increase your fitness levels with heart pumping intervals as you strengthen your entire body.

Boot Camp Barre

This total body conditioning class involves both strength and cardio. It is a high intensity class that targets your arms, core, thighs, and booty. Get ready to feel the barre burn! Please bring shoes for this Barre class!

HIIT

HIIT, stands for high-intensity interval training. In this class you will give all-out, one hundred percent effort through intense bursts of exercise and then follow it with short, and sometimes active recovery periods. This type of training gets and keeps your heart rate up and can be modified for both beginners or advanced students.

COMBO CLASS

Spoga

Get your heart rate pumping with this 30-minute cycling class! Then head into the hot room for 30 minutes of yoga flow!

Spilates

Get your heart rate pumping with this 30-minute cycling class! Then head into the hot room for 30 minutes of Power Pilates! This is a great class for those who like a variety in their workouts!

CycleSculpt

Get your heart rate pumping with this 30-minute cycling class! Then head into the hot room for 30 minutes of Heat Sculpt with weights! This is a great class for those who would like to try Heat Sculpt but aren't quite ready for that full hour.