

Yoga Class Descriptions

Contact Petra Storm: 720-931-6811 / psstorm@denverathleticclub.org with questions.



Barre Fusion: Tone and sculpt your body to get that lean dancer's look! Exercises do not involve bouncing or jumping and are rooted in Ballet, Pilates and Gymnastics .
Wednesday & Friday Level 2-3
Tuesday, Thursday, Saturday & Sunday All levels

Centering Yoga & Meditation: An introduction to Yoga class that teaches basic posture and proper alignment. It is a flexibility and relaxation program that addresses the ABCs of effective conditioning poses for the complete novice to Yoga but also invites regular Yogis to deepen their practice. Class ends with a 15 minute meditation session.

Family Yoga: A 45 minute Yoga class for the family that meets on the 1st Saturday of the month. Children should be at least 4 years of age, not older than 10. Last class is held in March and will return in the fall.

Gentle Yoga: A 60 minute class that focuses on flexibility. Gentle yoga stretches are held for longer periods of time.

Healthy Back Yoga: Class focuses on strength, flexibility and alignment of the body in order to alleviate imbalances and discomfort. This class is appropriate for ALL levels of practitioners.

Hot Yoga 26 & Hot 26 Fusion: The 26 poses, 13 sitting and 13 standing are taught the traditional bikram style without any addition of Sun salutation or plank poses. Hot 26 Fusion on Thursday incorporates hip and shoulder opening poses.

Iyengar Yoga and Suspension Yoga on the ropes: This innovative approach to Hatha Yoga focuses on alignment while developing strength, stamina, flexibility and balance. The ROPE/Suspension wall in Studio 5 is used frequently in Iyengar yoga to help improve poses.

MVE=Maximum Versatility Exercise: The MVE chair combines balance training, sports specific and core training in a group fitness environment, increasing flexibility, strength, balance and coordination. 14 chairs available on a first come, first serve basis. Intro to MVE recommended.

Neuro Kinetics: Are you experiencing back, neck or shoulder pain? General fatigue and joint pain? Neurokinetics will teach selfassessment strategies to resolve and manage nagging joint and muscle issues. The class uses simple floor movements to learn how to release the tension that underlies discomfort and stiffness. All levels welcome.

Core & Yoga Fusion: A 60 minute Core and Yoga combination class. Focus on strengthening your core and increasing your flexibility, strength and balance with Yoga. There is no charge for the class.
All Fitness levels are welcome.

Pilates & Yoga= PiYo:: A 60 minute Pilates and Yoga combination class. Focus on strengthening your core and increasing your flexibility, strength and balance with Yoga. Some of the exercises are inspired by the Eccentrics method. All Fitness levels are welcome.

Power Yoga: A fun, enlightening vinyasa flow class designed to build strength, balance, flexibility and cardio endurance. Among the many benefits of Power Yoga offers, the most valuable maybe to face life with renewed personal strength and energy. See class schedule for levels.

Pre & Postnatal Yoga: A gentle 1 hour Yoga class for the expectant and postnatal mother. Babies at least 4 weeks old and up to 3 months are welcome. There is no charge for this class.

Restorative Yoga: Join this deeply restful practice. The practitioner is guided by the teacher through a series of meditations and thoughtful visualizations while the body is held and supported by bolsters, blankets and pillows.

Vinyasa Flow and Sunrise Yoga: A dynamic flowing sequence of postures linking breath and movement. This form of yoga can heal, detoxify and electrify body and mind at their deepest levels. Practice begins with postures to warm up all major muscles and joints, then moves into a challenging series to build core strength, flexibility, and endurance. Students of all levels are welcome to come, modifications are shown.

Warm Vinyasa Flow: Strong meditative flow in a creative blend of various yoga styles with a focus on core strength, flexibility and balance. This 90 minute class is practiced in our 92-95 degree state of the art Hot Yoga Studio on the 6th floor. Mats are available but it is recommended that you bring your own. Please be well hydrated before class.
All Fitness levels welcome. *Level 1, 2 & 3

Yoga For The Cyclist and Athlete : 45-60 minute class designed to help increase flexibility, hip and shoulder opening. All levels welcome.

Yin Yoga: A slower and calmer method of Yoga; Yin Yoga targets the joints and tissues of the body. Poses are held for a longer period of time. All levels welcome.

Yoga for Men: For the novice and beginner Yogi, every Tuesday! Every 4th Friday an Intro workshop is held as well.

Levels

Novice and Beginner: Students with no or little Yoga experience.

Level 1: For students with moderate Yoga experience. This level is recommended to establish a good foundation in Yoga practice. Basic asanas and pranayama are taught with the goal of building strength, flexibility, balance and endurance. Basic alignment is stressed.

Level 2: For students with one or more years of Level 1 experience. Basic asanas are refined and developed. More advanced asanas and pranayama will be introduced to create a more complete yoga practice.

Level 3: For students with one year or more of Level 2 practice or teacher approval. More advanced postures such as headstand and shoulder stand are taught at this level as well as more advanced forms of pranayama. Meditation is included.