

Breathe Pilates Place Virtual Class Descriptions

Aerialist Pilates & Strength -

This class will incorporate classical and modified Pilates exercises as well as functional strength and stability training to integrate core engagement with hip/shoulder stability and strength. Build body awareness and learn to connect your body for better aerial control.

Athletic Yoga (Ashtanga) -

Challenge yourself - body, mind, and spirit - with Andrea's mindful guidance. Build strength, flexibility, and stamina as you flow through carefully arranged sequences. Using breathwork and asana, learn to focus on sensation and experience while releasing distractions, frustrations, and negativity.

Barre -

Total Barre Qualified instructors lead you through a series of plies, squats, pulses, curls and more right from your living room. Work up a sweat as you tone your whole body with specific focus on core, hips, and arms!

Breathe & Stretch -

A great way to wind down from the workday or de-stress. Focus on your breathing, the natural rhythm of your body, and gentle stretches to calm your nervous system and relax your muscles.

Foam Roller for Aerialists -

A prep and recovery class is perfect before a workout or to recover from an aerial training session. Specific focus on thoracic spine mobility and hip/shoulder muscle release techniques. Move well to strengthen well!

Group Strength Training/Metabolic Training/Boost Your Metabolism -

These classes will focus on bodyweight strength training, cardiovascular and high intensity intervals. Weights, stability balls, and bands may be added if available.

Guided Meditation -

In the guided meditation classes your instructor will narrate your session to help you achieve deep physical relaxation and stress relief in 25 minutes. Benefits include an overall sense of peace and calm, reduction of negative emotions, and increased imagination, creativity, patience, and tolerance. Meditation may also help anxiety, asthma, chronic pain, depression, sleep problems, and many other health concerns.

“Hard Core” Strength & Pilates -

Start the morning with a fusion class of intensive Pilates and functional strength training. Work up a sweat, strengthen your abs, challenge your glutes and get strong!

Inner Yoga -

Raise physical vitality & clear emotional blockages from your heart. Each class will be focused on a specific chakra. You will learn about some emotions pertinent to that area & how to unblock them to understand more about the impact on your perception. Class has a featured chakra, a mudra(active w/ breath techniques) & Asanas(flowing practice, & guided meditations).

Intermediate Mat Pilates -

This contemporary pilates mat class is designed for those who have experience with the essential/beginner exercises. Props (optional) will add variety to class while learning the intermediate/advanced pilates

bodyweight exercises. This class is also a great cross-training options for athletes as well as experienced Pilates practitioners.

Mat Pilates -

An open-level core strength and stability class provides a contemporary approach to Pilates which can be adapted for many stages of life. Classes may utilize props if available and will be adapted to each group of participants.

Qi Gong -

This ancient Chinese healing technique which involves the art and practice of moving vital energy /life force energy or Qi in your body. The idea is to prevent disease and increase longevity. With smooth movement & conscious breathing techniques you will achieve great physical balance and a relaxed state of mind. Meditation in motion!

Rollga Fascia Foam Rolling/ZenGa Fascia Release -

Rollga is a contoured foam roller designed to reach and target muscles more precisely and comfortably. It is ideal for muscle activation (pre-exercise), muscle recovery (post-exercise), fascial health, and functional restoration of movement. When fascia is hydrated and free, movement is easy and painless. When restricted, a common side effect of too much sitting, and every day stress, movement is limited, tension builds, and pain can result. These classes use foam roller, pokey balls, peanut and other props, gentle motions, and intentional breathing to improve hydration and release restrictions.