

Yoga Class Description

FatBurn Yoga

This exciting innovative class is FYN'S "signature" class that combines Yoga and Cross Training to transform your body. Adding in weight training with yoga postures for a complete calorie burning workout. You will experience strength, flexibility, balance and cardio all in a one-hour, non-impact class.

All levels of yoga welcome.

*Heated to 85 degrees with humidity 55%.

Hot Yoga

Hatha/Vinyasa style yoga that digs deep into poses one step at a time. Heat(infrared) plus humidity is combined to increase your flexibility, digging deeper into poses and detoxifying the body. This class builds on foundation poses to advance your practice one step at a time leading into more difficult balancing moves. The heat adds another element to your practice challenging the body as well as purifying it so you leave feeling rejuvenated. Calorie burning class.

*Heated to 90 degrees with 65% humidity.

Hatha Yoga

Minimally heated slower paced class. This class works on holding postures longer to really work on engaging the core and legs. It is the basis of all yoga classes.

It includes practicing Shatkarma(purification), Asana(postures), Pranayama(breathing), Bandhas(muscle force), and Mudras(symbolic gestures).

*Heated to 80 degrees.

SlowFlow Yoga

Soft Music, Candles, Soothing Mind/Body Experience.

A challenging slow moving class combining balance, deep core strengthening and stretching along with twisting of the body to release stress. Training the mind to be still yet working the body focusing on our breath.

*Heated to 85 degrees with 65% humidity.

Vinyasa Yoga

A flowing dynamic sequence of poses synchronizing breath and movement together.

This class places less emphasis on precise alignment in favor of finding ones unique ability and freedom to move. Vinyasa is more rigorous and powerful but with patience and practice you will begin to feel your inner and outer power strengthen.

This is a more cardio based class.

*Heated to 85 degrees with 50% humidity.

Teen Yoga

Ages 12 & up.

Teens will learn the fundamentals of yoga by utilizing their mind and body to release stress and calm their busy minds. They will learn to conquer balancing poses all while incorporating a guided fitness practice.

Fun yet meaningful experience!

*No Heat or Humidity.

