

CHAMPNEYS FESTIVAL

PILATES

A DYNAMIC 25-MINUTE PILATES SESSION FOCUSED ON BUILDING CORE STRENGTH, STABILITY, AND CONTROL FOR TOTAL BODY EMPOWERMENT.

ZUMBA

DANCE YOUR WAY TO FITNESS WITH HIGH-ENERGY LATIN-INSPIRED MOVES THAT MAKE CARDIO FUN AND ADDICTIVE.

DD DANCE MIX

A FULL BODY AEROBIC WORKOUT BASED ON A RANGE OF DANCE STYLES WITH EASY TO FOLLOW STEPS.

DEEP STRETCH

UNWIND AND RELEASE TENSION WITH GUIDED STRETCHES DESIGNED TO IMPROVE FLEXIBILITY, MOBILITY, AND RELAXATION.

SHAMANIC SOULFUL FLOW

A NOURISHING YOGA PRACTICE GUIDED BY MUSIC, EMOTION, AND DEEP EMBODIMENT. FLOW THROUGH MOVEMENT WITH HEART AND PRESENCE.

BREATHWORK & SHAMANIC DRUMS

HARNESS THE POWER OF YOUR BREATH AND THE BEAT OF THE DRUM TO SHIFT ENERGY AND ACCESS INNER WISDOM.

SLOW FLOW

A GENTLE HATHA FLOW FEATURING FLUID TRANSITIONS, GROUNDING BREATHWORK, AND DEEP CALM.

MEDITATION

UNPLUG AND RESET WITH A GUIDED MEDITATION DESIGNED TO RELAX YOUR BODY, QUIET YOUR MIND, AND SOOTHE YOUR NERVOUS SYSTEM.

VINYASA YOGA

A STRONGER, FLOWING STYLE OF YOGA THAT BUILDS HEAT, STRENGTH, AND FLEXIBILITY THROUGH CONTINUOUS MOVEMENT.

SECURE
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ASHTANGA YOGA

A SEQUENCE OF DYNAMIC POSTURES PRACTICED WITH BREATH AND FOCUS TO BUILD INTERNAL HEAT, ENERGY, AND MENTAL CLARITY.

VINYASA POWER YOGA

A POWERFUL AND ENERGISING PRACTICE DESIGNED TO INCREASE STRENGTH, STAMINA, AND FLEXIBILITY.

REFORMER PILATES

AN ACCESSIBLE REFORMER CLASS SUITABLE FOR ALL LEVELS, INCLUDING BEGINNERS.

SOUND BATH WITH NEPALESE GONG

LIE BACK AND ALLOW THE RICH TONES OF THE GONG TO WASH OVER YOU, RELEASING TENSION AND INVITING DEEP REST.

KUNDALINI YOGA

KNOWN AS THE YOGA OF AWARENESS, THIS SESSION INCLUDES BREATHWORK, GENTLE POSTURES, AND MEDITATION.

BREATHE WELL

THIS CLASS FROM VITAE VI EXPLORES ANCIENT BREATHWORK TECHNIQUES NOW EMBRACED BY ATHLETES, LEADERS, AND EVERYDAY PEOPLE ALIKE.

CHARLESTON

JOIN THE FUN WITH THIS EASY-TO-FOLLOW CHARLESTON DANCE - HIGH-ENERGY, VINTAGE FLAIR JUST LIKE YOU'VE SEEN ON STRICTLY!

HATHA YOGA

A SLOWER-PACED, TRADITIONAL YOGA CLASS THAT EMPHASISES FOUNDATIONAL POSTURES, ALIGNMENT, AND BREATH.

YIN YOGA

A STILL AND MEDITATIVE PRACTICE WITH LONG-HELD POSES, HELPING YOU CULTIVATE DEEP PHYSICAL RELEASE AND INNER STILLNESS.

TAI CHI & CHI GONG

BECOME BALANCED, RELAXED AND STRONG THROUGH THE PRACTICE OF TAI CHI AND CHI GONG.

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