



YOGA CLASS DESCRIPTIONS

Classes held at 2 Costello Drive, Carleton Place
613-253-2112
HeritageFitness.ca
Email: Info@HeritageFitness.ca



Flow

This breath-centered, mindful yoga class will increase strength and flexibility on every level. You will leave feeling balanced, inspired, and more connected with your own true nature. Moderately paced class suitable to students of all levels.

Flow Beats

Do yoga to your favourite music! Once a month we will feature a chart-topping artist(s) and load our playlist full of their music. Start your weekend off feeling jazzed, energized and ready for anything your heart desires.

Flow/Yin

A slower-paced flow through sun salutations and standing postures, geared towards those new to yoga or preferring a gentler practice. Followed with the passive long holds of yin to target joints, connective tissues, and fascia. Yin poses are floor based and supported with props to create as little effort.

Fresh Air Fitness

Start your weekends off with classes at Riverside Park (located behind Carleton Place High School). We are offering 6 classes on Saturday mornings through out the summer. Come try a class and bring a friend.

All Fresh Air Fitness classes are complimentary to the community. View our website for more class details.

Gentle

Gentle yoga is perfect for people who are looking for a softer approach to their practice. In this class, we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body to reduce stress and calm the mind.

Hatha

This class is for people who are looking for a more intermediate class with a wider variety of poses and strength building opportunities. Previous yoga experience is recommended.

Hips & Shoulders

Our Hips & Shoulders class elongates and strengthens muscles and helps mobilize tight joints so you can move with ease on and off the mat. Leave with happy hips and supple shoulders.

Power Vinyasa

Power Vinyasa Flow Yoga is a powerful, energetic form of yoga where you fluidly move from one pose to the next while connecting your breathing to movements. It incorporates strength, flexibility, balance, cardio, physical and mental stamina in one session.

Sunset Yoga

Join Catherine for this wonderful experience of yoga outside. Literally root your feet into the ground and feel the connection with mother nature. This class is held on the lawn at Heritage Fitness. Bring any outdoor items that will provide you with the most optimum experience. In case of rain - the class will be held indoors

This is a free community class, bring a friend.

Yin

This class will include the deep tissue working of traditional Yin poses along with suitable breathing techniques and light meditation. Poses are often held for 3-8 minutes so please wear comfortable and cozy clothing.

Yoga Stretch

End your week with this deep stretching class, which is set in a slow-paced environment and incorporates breath work, movement, gentle strengthening and longer holds to improve flexibility and mobility.