



CLASS DESCRIPTIONS

It is our goal to provide a wide variety of high-quality, affordable classes at both Pyramid Wellness and Pyramid Fitness. Our instructors are well-trained and experienced in creating a safe, positive classroom or studio experience. Participants should consult a physician or other wellness practitioner before participating in any new physical activity. Participants should inform the instructor of any condition or illness such as pregnancy or any specific injury. Participants assume any and all risks associated with participating in these classes and agree to hold the Pyramid and its instructors harmless in the unlikely event of injury. At the Pyramid, our focus is always on helping you reach your wellness goals, and our classes are an important part of the Pyramid experience.

Stretch and Breathe combines elements of traditional Yoga with stretching and breathing in a relaxing, supportive environment. This class is great for anyone who would like to add flexibility to his or her fitness routine or would like to ease into Yoga gently. This class is suitable for all fitness levels.

Yoga is an ancient practice dating back at least 5,000-10,000 years ago. We believe that it originated in India. The purpose of Yoga is to experience connection and flow, while reaching the perfect state of existence—enlightenment. Although most Americans just think of Yoga as a flexibility experience, the original system of Yoga included recommendations on breathing, meditating, using sound healing (mantras), healthy eating, and much more. At the Pyramid, our instructors will provide high-quality, safe Yoga experiences in a variety of styles suitable for all levels.

- **Kripalu Yoga:** A style of Hatha yoga that teaches the basic mechanics of postures and introduces the concepts of breathwork. It is less concerned with the structural detail of the postures and is more inner-directed. It emphasizes the student's mental and emotional states as the poses are held and encourages a gentle, compassionate and introspective approach. Kripalu teachers emphasize the importance of accepting the body, encouraging students to note where tension is held or simply to recognize their strengths and weaknesses. This is a great practice for students of all levels, but is especially great for beginners.
- **Inspired by Anusara Yoga:** The poses in Anusara Yoga are considered to be “heart-oriented,” meaning that they are expressed from the “inside out.” Instead of trying to control the body and mind from the outside, the poses originate from a deep creative and devotional feeling inside with a focus on the spiritual purpose or highest intention of practicing Yoga. Anusara Yoga helps to develop and refine all parts of the self: body, mind, emotions and the deepest virtues of the heart. This class is suitable for students of all levels, but is especially good for intermediate to advanced students.
- **Yoga/Relaxation:** Combines postures from a wide variety of Yoga traditions with Yoga philosophy and meditation and guided relaxation exercises. This class is suitable for all levels but is especially well-suited for beginners through intermediate students.
- **Upbeat Yoga:** A traditional Yoga class taught with modern, upbeat music. The instructor is very creative and often uses special themes and music to convey and aspect of the practice of

- Yoga. This class is suitable for all levels, but is especially good for beginners through intermediate students.
- **Sun Salutation Sunday:** Combines traditional Yoga with a more intense series of sun salutations and flowing postures. While this class is suitable for all levels, it is especially good for more advanced Yoga students.
 - **Ashtanga Yoga:** A method of Yoga involving synchronizing the breath with a progressive series of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind. This class is also suitable for all levels but tends to be more intense than the average class.

Cardio Kickboxing is a very intense cardio class featuring punches and kicks from traditional martial arts combined with fitness moves, done at a fast pace to energetic dance music. No previous experience is necessary. Although this is an intense class, it is easily adjustable for all fitness levels, and can easily be modified into a low-impact class.

Step Aerobics is a historically favorite high-intensity, low-impact cardio class that involves stepping up and down on a Reebok platform to the rhythm. Routines are challenging and fun, taking your mind off how hard you are working. (Step Combo includes steps with a variety of other cardio modalities.)

Belly Dancing covers different moves from different styles, providing a workout that is fun for any stage of dancer, from beginning on up! Stretching, isolations, and a fast cardio section! Something for everyone, and advanced students can contribute moves to the class!

Meditation is a 30-minute relaxation experience incorporating Mindfulness Meditation (also known as Transcendental Meditation) with other meditation and guided relaxation techniques. The class is about half mindfulness meditation and half guided meditation.

A Course in Miracles (also referred to as ACIM or the Course) is a self-study curriculum (spiritual in nature) that sets forth an absolute non-dualistic metaphysics yet integrates (its definition of the principle of) forgiveness emphasizing its practical application in daily living. This class at the Pyramid is primarily a discussion group and participants are welcome to share as much or as little as they like pertaining to the ideas.

Group Strength is a challenging interval workout combining muscular strength, muscular endurance, core strength, flexibility, agility, balance, and coordination using a wide variety of techniques. Participants will use free weights, exercise bands, and the body's own resistance to reach their fitness goals. Although it is primarily a strength class, participants will experience cardio benefits as well because of the intense progression of exercises. This class is easily modifiable for participants of all levels.

Circuit Class is a self-paced interval workout offering 15-32 stations set up around the studio; participants move from station to station, completing each exercise for about 75 seconds before moving on to the next. Exercises focus on strength, endurance, flexibility, agility, balance, and more. By the end of the class, participants will have completed a very effective total-body workout.

Martial Arts

- **Mixed Martial Arts** at the Pyramid is a modern approach to the complete mind/body training of past martial arts, exploring the way the mind responds to "threats" i.e. (verbal, mental, and physical) and how to retrain this "normal" thought process through physical

- training. We will work in utilizing your body's energy (as commonly seen in Tai Chi) and applying it to the physical martial arts learned. Expect to be encouraged to push yourself, and help reach your goals, whether they are physical fitness, self-defense, or energy goals.
- **Aikido:** the Japanese word "Aikido" means "The way of unifying (or being in harmony) with life energy." The Japanese Martial Art of Aikido is much more than self-defense. It is also a path of personal mastery, and a tool for developing one's self as an effective, harmonious, and dimensional human being. Training sessions are highly practical. Students learn to get centered, work with "Ki" (universal energy), blend with their partner's actions and redirect attacks through spiral movements.
 - **Systema** is a Russian Martial Art that provides insight into physical and psychological tension through an in depth exploration of breathing and movement exercises. This develops a better understanding of the body's stress response, enabling the practitioner to better navigate and resolve conflict. By developing body awareness, SYSTEMA imparts calmness in all aspects of mind, body and spirit.
 - **Breath and Movement** borrows its principals from the Martial Art of Systema. Foregoing the combat aspects, the class focuses primarily on developing and strengthening the relationship between the body's movement and breath. This class provides foundational movements to strengthen the entire body and improve fitness and stamina, all while teaching how breath can simultaneously provide one with the ability to relax and recover from all forms of stress.
 - **Hung Gar Kung Fu** is a traditional form of martial arts practiced in Southern China with an emphasis on conditioning and improving the strength of the body and generating internal energy. This is a balanced system incorporating strong stances, powerful self-defense, intricate hand maneuvers, core strength, and promotes total body wellness.
 - **Escrima** (sometimes spelled "Eskrima") is a traditional form of martial arts dance from the Philippines that involves the use of sticks, swords, and knives. Legend has it that when the Spanish invaded the Philippines, the Spanish did not want the Filipino locals to continue practicing any form of martial arts, so the ingenious natives disguised their martial arts in the form of a dance that they called Escrima. This allowed them to preserve their cultural connection to martial arts practice, with a focus on fun, self-defense, and strength.

West Coast Swing (WCS) is a partner dance. It is characterized by a distinctive elastic look that results from its basic extension-compression technique of partner connection, and is danced primarily in a slotted area on the dance floor. The dance allows for both partners to improvise steps while dancing together, putting West Coast Swing in a short list of dances that put a premium on improvisation. In practice, West Coast Swing may be danced to almost any music in 4/4 time, and music of many different styles may be found in an evening of West Coast Swing dancing. No partner is necessary to take the class.

www.vermontwestcoastswing.net

Jazz Dance Fusion is a fun, energetic dance workout that combines elements of traditional jazz dance with modern dance and other styles. No prior experience is necessary. This class is suitable for all levels.

Band Strength is a muscular strength and endurance workout using resistance bands. In this 20-minute class, participants will get a full body workout and will see almost immediate results for toning. This class is suitable for students of all fitness levels, but is especially good for beginners because of the reduced risk of injury associated with using bands.

Instructor's Choice is a fitness class featuring a wide variety of cardio and strength offerings—from traditional high/low and step aerobics to weight training and core strength, participants will have a great time. Every week this class is different...so you will never get bored!

Jump Start is a very intense interval workout combining jump rope, step, cardio kickboxing, Yogaerobics, strength training, and core strength into an energetic hour of fitness. Although this is a class for more advanced participants, it is easily modifiable for students of all levels.

Core Strength is a short class offering intense, focused work on the stomach, including the upper and lower abdominals, the obliques, and the lower back.

Kidz Cardio is a cardio class aimed at getting kids active in a fun, safe, supportive environment. This class will use kid-friendly music and a wide variety of fitness activities, including step, cardio kickboxing, and dance fitness.