

## Class Descriptions

Green Fitness Studio Hours : Monday – Friday, 6am – 10pm. Saturday & Sunday 9am – 6pm  
232 Varet Street, Brooklyn NY 11206 347-599-0663

**Alignment Yoga**– Yoga class based on the teachings of B.K.S. Iyengar, this class emphasizes correct alignment of all parts of the body within each yoga posture. Achieve meditation in action with this approach which builds strength and stamina, balance and flexibility, and a new sense of well-being.

**Ashtanga Yoga** - Wake up and sweat! Athletic yoga practice combining breath with a continuous series of postures to produce intense internal heat and purifying sweat that detoxifies the muscles and organs. Considered one of the most traditional forms of asana practice.

**Spinning Yoga**– Holistic cardio work-out combining 30 minutes of cycling and 30-45 minutes of yoga to burn fat and detox the body while uniting body and mind.

**Hip-Hop** – Think you can dance? Have fun, learn new combinations, and add your own personal style. Get your freak on!

**PUMP**- The ultimate barbell/dumbbell sculpting class working to sculpt your entire body, burn fat, and get you t the results you want!!!

**Sculpt** – Strength training designed to shape and tone the body without building muscular size or bulk. Lose weight by maintaining muscle while boosting your metabolism.

**Hot Vinyasa** – Strengthen, balance, stretch, and release toxins. Be prepared to sweat in this heated flow yoga class designed to increase flexibility and break through all mental and physical limits.

**Community Yoga** – This open level Ashtanga class is for our Bushwick community. All are welcome with a suggested donation of \$5. All proceeds will go to support local Bushwick non-profit organizations and charities.

**Pilates** – Strengthen your core, lengthen your spine, increase your body awareness, build muscle tone, and gain flexibility in our mat classes.

**Spin** – Prepare to sweat in our intense cycling class designed for all fitness levels. It may be as easy as riding a bike, but this intense cardio workout will challenge your endurance and burn calories.

**Vinyasa** – Flow yoga combining movement with breath. Venture into yourself and focus the mind while challenging the body. Physically active and intelligent yoga that is suitable for all levels.

**Yoga for Athletes**- Whether your thing is weight lifting, running, biking, skating, hiking, playing ball, or breaking a sweat on one of our cardio machines; this yoga class is specifically designed to bring more flexibility and overall wellness to your muscles and joints. By promoting a balanced body, you can better prevent injuries. This class is open to all levels.

**YIN-Yasa**- This class starts with an active (Yang) Vinyasa Flow designed to strengthen muscles, then transitions into gentle (Yin) postures which target the connective tissues of the body. Yin postures are slow, relaxing poses which target hips, pelvis, and spine. The combined effect of Yin and Yang leads to a state of complete harmony in the body and mind. Total body balance is achieved by blending Yin and Vinyasa yoga.

**Dancer's Workout**- Tight abs. Limber back. Toned legs. This workout will target those areas of your body you want to strengthen and increase flexibility. Beginner friendly, the class will introduce you to basic Ballet moves and fun hip action that will make you sweat and feel great.