

AEDIS MVMT STUDIO CLASS LIST & DESCRIPTIONS

We have many different class options to choose from! Read on below for descriptions.

Book online at:

<http://aedismvmtstudio.com/booking-calendar-1>

Physio-Based Classes

Physio-based classes are offered by Meghan (physiotherapist). As such, if you are an existing patient under Meghan's care, you may be able to claim the following classes under your extended health benefits, if they are available to you. However, anyone can attend these classes regardless of coverage or care. Feel free to contact the studio if you have questions regarding these classes.

Spinal Stabilization: This is a class involving whole-body strengthening with focus on core muscle activation and spinal stability challenges using multiple pieces of equipment. The class uses guided progressions to build the intensity with each exercise set and is, therefore, suitable to all levels and abilities, including those with a history of back injury. **A condensed version of this class is offered on a seasonal basis.*

Release & Restore: A physio-designed and led class for those tight-bodied individuals. Get ready to roll out all those trigger points and adhesions with massage balls and foam rollers, and then wind down with long-held myofascial and restorative stretches.

Leg Day: Functional Strength & Stability: A physio-designed and led class to work on building optimal strength and stability in the lower body. Pulling from rehab-based exercises to balance and strengthen the lower extremities, this class will use a variety of challenging movements and equipment to leave your body feeling strong and supported from the ground up.

Slow & Steady: A gentler combination of strengthening and balance work for those who might be recovering from illness or injury, or just need a little extra support with their workout. Exercises will include seated options and supportive props for balance work. Led by Shelly, physiotherapy assistant and certified personal support worker.

Strengthening-Based Classes

Ease Into Mvmt: A lighter-style exercise class aimed to wake up the body gently and help you enter the day with energy and ease.

Slow & Steady: A gentler combination of strengthening and balance work for those who might be recovering from illness or injury, or just need a little extra support with their workout. Exercises will include seated options and supportive props for balance work.

Strengthen & Lengthen: A well-rounded mix of whole body strengthening and stretching. This class is moderate-high intensity.

Core & More: A core-focused whole-body strengthening and stretch class, perfect for those who want to learn how to activate the core muscles properly with movement.

Core & Glutes: Core muscles and glutes need to function well together to support the body in weight bearing and with activity - train and strengthen them together in this class!

Strength Circuit: A whole-body, circuit-style strengthening class incorporating bands, light weights, with elements of Pilates and core work incorporated.

Beginner TRX: Learn how to get a great strengthening workout with a suspension trainer (TRX). Focusing on whole-body movements, you will gain

strength and stability while modifying your body position to create the desired level of difficulty.

Beginner TRX and Bosu: Learn how to use a suspension trainer (TRX) and a Bosu (half ball) for a dynamic whole-body strength and stability workout.

Bosu and TRX: A challenging mix of half-n-half bosu and TRX-based strengthening for the whole body.

Beginner Strength: A gentler strengthening class option focusing on lighter resistance and utilizing a combination of toning balls, bands, and free weights.

Slow and Supported Classes

Ease Into Mvmt: A lighter-style exercise class aimed to wake up the body gently and help you enter the day with energy and ease.

Slow & Steady: A gentler combination of strengthening and balance work for those who might be recovering from illness or injury, or just need a little extra support with their workout. Exercises will include seated options and supportive props for balance work.

Chair Yoga: All the benefits of "traditional" yoga, but from (mostly) seated positions.

Mvmt for Mobility: A class about grounding the body so the mind feels safe to move all the joints in all directions. Focusing on spinal mobility, gentle core strength, hand and foot mobility with a dash of hip and shoulder movement, this class is designed for all abilities and levels of fitness, especially those with chronic pain conditions.

Seated Mobility and Stretch: A class designed for those that need a little extra support for their movement, or who might have difficulty getting up and down from the mat. This gentle class is ideal for those recovering from illness or injury, or who just need a slow & supportive option for whole-body mobility work.

Mobility Reset & Roll: This class combines guided mobility work (activation), stretching, breathwork, and foam rolling to increase mobility, flexibility, support joint health, and reduce the stiffness life brings. Expect a calm, supportive atmosphere and leave feeling looser, lighter, and refreshed for the weekend ahead.

Yoga-Based Classes:

Yoga Flow: “Traditional” style yoga flow, most similar to Vinyasa, at a moderate intensity. Starting off slow to warm the body, building heat, and then winding down to Savasana. Offering weekday, weekend, and evening options.

Chair Yoga: If you are looking for all the benefits of yoga, but not too keen on moving up and down on the mat, this class is a great option.

Slow Flow: A slower-paced class for those who want to slow down their day with a gentle yoga flow, most similar to Hatha.

Rise with Mvmt: Get your day started bright and early with the fluid morning yoga flow.

Wind Down: Gentle yoga flow with a focus on slow and supported poses. Perfect to wind down the day and get you ready for a restful night’s sleep.

TRX & Yoga Combo: Get the benefits of a body-weight strengthening class using the TRX (suspension trainer) and the lengthening effects of yoga afterwards for a well-round combo class.

Somatic Flow: With elements of yoga, Qi-gong, and dance, this class will guide you through intuitive movement that leaves your body feeling energized and at ease.

Evening Restorative: Release tension and fall into a restful meditative state with gentle poses in which the body is supported gently with props and held for longer durations.

Power Flow: A strengthening-based yoga class that may incorporate weights, bands, and resistance props.

Hatha-Vin: A beautiful balance between the stillness of Hatha, and the flow of Vinyasa.

Yoga Nidra: This is a meditative-style practice where you will find shavasana (rest pose) and fall into a deep state of rest while remaining aware of your body and release tension through guided relaxation.

Roll and Flow: Sometimes those tight areas need a little more attention and pressure to release: in this class, you will use the foam roller to soften those tight tissues and stretch them out with a yoga flow for ultimate tension release.

Yin + Meditation: A combination of long held positions using props for supports as needed, and guided mindfulness to release tension & quiet the nervous system.

Yin + Yang Yoga: combines active, strength-building movement with passive, deep-release stretching for a balanced practice.

Mat Pilates and BarreFit Classes

Beginner Pilates (Mat): Pilates is a system of exercises performed on a yoga mat that promotes strength, stability, and flexibility. All exercises develop through the muscular effort that stems from the core. Technique brings awareness to the body to help us with everyday movements. This beginner class will focus on correct alignment and modifications to help you build strength and flexibility.

Mat Pilates: As above, this is whole-body strengthening class focusing on core activation and alignment. This mat-based class doesn't require any complex equipment and is appropriate for beginner to intermediate levels.

Pilates-Yoga Fusion: Pilates-Yoga Fusion is a dynamic mix of foundational Pilates with Yoga integrated. Using correct technique, classes will focus on matwork and incorporate props to add to the development of muscle strength and flexibility.

TRX + Pilates Combo: Get a great whole-body workout utilizing the TRX/suspension trainers and mat-based Pilates.

BarreFit: Barre class is a workout technique inspired by ballet, yoga and pilates set to music. It focuses on low impact, high intensity movements that are designed to work small and large muscle groups. Classes work on posture, strengthening and stretching. The use of resistance bands and light weight and pilates balls are optional for more intensity. NO prior dance experience is needed. These classes are suitable for any fitness level.