

Adult Classes



Core Yoga - This yoga class focuses on our biggest weak spot, the core! Core yoga helps develop core strength & flexibility. You will notice a difference in just a few weeks!

Gentle Yoga - This slower-paced class is perfect for those with mobility issues & beginners. It strengthens & stretches muscles, gaining flexibility, and range of motion while being easy on the joints. The instructor modifies for the individual, leaving everyone feeling relaxed and recharged.

Hatha & Restore - A nurturing and deliberately-paced practice beneficial to students seeking a calming and renewing adaptation of classic Hatha Yoga poses. Expect a gentle series followed by a relaxing Restorative portion.

Nidra Yoga - Nidra Yoga, translated as Yogic Sleep, is a process of allowing the external senses to quiet, leading to an aware sleep. It is said that Yoga Nidra can reap the benefits of 4 hours of sleep. This state allows your mind and body to rest and recover, reaching your highest growth and potential. Class will start with a Restorative yoga series, followed by a guided Nidra.

PiYo - This unique blend of Pilates & Yoga is designed to build strength, gain flexibility and conditioning. Try it once and you'll be hooked!

Power Flow Yoga - With an emphasis on strength, endurance, & flexibility, this vigorous class is total body workout. Prepare to work hard & sweat!

Runners Yoga - Reduce your risk of injury & visits to the chiropractor! This class focuses on the key muscle groups overly worked by the runner and dramatically increases flexibility, builds core strength, and improves your range of motion & athletic performance.

Senior Chair Yoga - This class is perfect for those who can not take the ups & downs on the mats. All the same benefits of yoga class; strengthening muscles, gaining flexibility and range of motion, and calming the mind.

T & B Camp - Tummy & butt, not a girls best asset after kids. This 45 minute class works the core & glutes to the max to achieve a little less jiggle!

Total Body - An awesome multi level class that works the entire body. Burn calories, tone, & strengthen from head to toe at whatever level you are!

Yin Yoga - Suitable for all levels of yogis, this class focuses on long-held floor poses combined with breath work to encourage the slow & safe opening of the connective tissues in the hips, pelvis, & lower spine - increasing flexibility and rejuvenating joints.

Yoga 101 - This is a great class for beginners or anyone who wants to learn correct alignment in the poses. The instructor takes the time to help each person perfect their poses while learning the basics.

Vinyasa Yoga - Vinyasa Yoga is a flowing, dynamic form of yoga, connecting and coordinating movement with breath. This linking of breath with movement allows for a deep relaxed clarity of the mind while creating strength and flexibility through the body.

Zumba (Adult) - This is just crazy fun that it's hard to believe its exercise! Zumba is an exhilarating, effective, easy to follow, Latin -inspired, calorie burning workout!

Zumba Gold - This class is great for beginners, seniors, or people with limited mobility that want to get up & move. It's lower impact is easy on the muscles & joints but still a great calorie burner!



Family Classes

Bible Yoga - Bible Yoga is a FREE scripture-based yoga class. The class is appropriate for all levels and is taught with many modifications. This format combines slow-moving yoga postures with scripture for meditation throughout the class.

Family Yoga - Fitness & family fun includes stories, games, partner poses, and quality time together! Perfect for everyone in your family ages 1-100!

Mommy & Me - This class is great for moms & babies and/or toddlers. We play, we yoga, we even do a little savasana. Please feel free to bring your playgroups or mommy friends for added fun! Be sure to RSVP so we can customize your class!

Kids Classes



Preteen Yoga: Ages 8-13 - Older kiddos can benefit from this class by gaining self confidence, strength, flexibility, & balance. Preteens can learn to relieve stress and body tension incorporating fun & fitness.

Kids Zumba: Ages 4- 10 - Zumbatomic for kids is a fun way to exercise, teaching dance, coordination, & self-confidence.

Preteen Zumba: Ages 8-13 - Designed exclusively for kids 8-12, Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia, salsa and more.

Kid Yoga : Ages 4 and up. These classes are filled with silly songs, games, stories, and animated yoga poses. The class is a fun & creative way to help develop fine and gross motor skills, while improving strength, flexibility, coordination, and body awareness.

Storybook Yoga - Brings to life the world of children's literacy and yoga! This class is the perfect combination of silliness, imagination, learning & exercise. A guaranteed good time for all the kiddos!

Preschool Play: Ages 3-5 - This 3 hour class is filled with lots of fun & silliness! Stories, yoga, games, snacks and music specifically designed for the little ones! Pack a lunch. **not included in your class pass.**

Special Needs: This is a fun class with silly music, games, & more modified for all ages & abilities. Certified teachers will work on fine & gross motor skills with a variety of different yoga poses and stations.

Kid Fit - Ages 4 and up. This class is the perfect mix of cardio, endurance, strength training, and yoga for the kids.

Yoga • Fitness • Dance
for kids, adults and families

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