



MOVEMENT LABS
RUN | YOGA | STRENGTH | PERINATAL

Run Lab Classes

Run Stronger

Is your running held back by frequent injuries or concerns about your running form/efficiency? Join us for an hour of mobility work, balance practice, strength & agility training, and stretching. Our Run Stronger class will help you build yourself into a stronger, faster, more resilient running machine.

*Suitable for those who can comfortably run short distances and jump. Contact us with specific concerns.

Strength Lab Classes

Slow Flow

Do you feel stiff, achy, and disconnected from your body after sitting at your desk all day? Join us for an hour of gentle strength and stretch work in an encouraging, inclusive environment. Slow Flow helps you increase your range of motion, build strength, and grow your confidence in a group class setting.

*Suitable for most, adaptable for chair. No previous fitness experience required. Contact us with specific concerns.

Strong For Life

Do you need more strength and stamina to handle the demands of your day? Join us to learn common gym exercises, add a little resistance, and explore how they translate to daily activity. Strength for Life leaves you prepared for the demands of life, work, & play - and to confidently join other gym settings.

*Suitable for those who can comfortably sit on and stand from the floor, but can be adapted for chair. Contact us with specific concerns.

Yoga Lab Classes

Restorative Yoga

Are you stressed, anxious, or unable to sleep well? Join us for a luxurious class that uses ALL the props to support poses for deep, conscious relaxation. This class facilitates nervous system down-regulation and leaves you feeling relaxed, breathing deeply, and ready for excellent sleep.

*Suitable for those who can comfortably lay and sit on the floor, but can be adapted. No yoga experience required. Contact us with specific concerns

Yoga Foundations

Are you looking for an experience that extends beyond physical movement? Join us to tend to your physical and emotional well-being in a class that incorporates breath work, mindset moments, and smart movement preparation building toward traditional yoga postures. Yoga Foundations leaves you moving well, energized, and challenged to live out your yoga in daily life.

*Suitable for those who can lay, sit, and stand from the floor. Contact us with specific concerns.



Perinatal Lab Classes

Pre & Post Natal Strength

Are you confused by conflicting messages regarding exercise during pregnancy and postpartum? Join an experienced perinatal instructor to learn movement strategies for safe exercise during pregnancy, to prepare for labor, and to aid postpartum recovery. Adjustments for pelvic health considerations (DR, prolapse, pelvic pain) are always available. Perinatal Lab classes cultivate movement communities to support you through pregnancy and into new parenthood.

*Suitable for those cleared for exercise by their physician.

All Labs

Roll & Refresh

Do you feel tense, sore, and unable to relax? Join us to explore release techniques and practice applying them from head to toe, all while learning the why & how of myofascial release. Roll & Refresh leaves you moving more comfortably, breathing deeper, and enjoying an overall sense of calm.

*Suitable for most who can sit and lay on the floor, but can be adapted. Contact us with specific concerns