

**CLASS DESCRIPTIONS – Group Fitness Formats taught by Lindsay Masset E-RYT 200**  
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Revolve.

Rebound. Evolve. Flow. Release. This rebounding format combines dynamic yoga and jamming grooves on a Bellicon rebounder, where the slightly slower music influences the movement with vigor and purpose. In this 50-min class you'll utilize our bungee-suspension, mini-trampolines in every way possible as Lindsay guides you through compelling body movements, plyometric-cardio bursts, and healing/body-elongating stretches that rejuvenate and tone. The transitions between movements are fluid and the flow is organic. No timers or choppy transitions between exercises here, and the slower music really gives you more moments to truly lose yourself in the rhythm of bouncing. The energy of this class will leave you feeling sweaty, stretched, and satisfied. This 50-min party always closes with a savasana. Revolve. is a great place to start your rebounding practice, but all levels will find uplifting-refreshment and muscle fatigue.

Other fun effects Rebounding has on the body:

- \* Boosts your immune system
- \* Works every single muscle in your body, especially your core
- \* Provides a full-body detox
- \* Improves skin tone, elasticity & texture
- \* The surface area of the rebounder absorbs 87% of the shock to joints and therefore it lowers and evenly spreads impact to joints - more effective than walking but FAR easier on your body than running
- \* Improves functionality in the pelvic floor
- \* Reduces/eliminates cellulite
- \* Builds lean muscles mass
- \* Increases bone density
- \* Regulates hormones
- \* Helps manage excess weight - particularly good at burning belly fat
- \* Produces a major endorphin spike
- \* Slows down cell atrophy aka the aging process
- \* Increases cell energy and function
- \* Heightens proprioception, agility, speed and balance
- \* Leaves you feeling energized and lifted
- \* It's A BLAST and will leave you smiling ear to ear!

701 Bounce

701 Bounce is a safe, effective, and FUN low-impact workout performed on a Bellicon Rebounder (A.K.A - a bungee suspension, mini-trampoline from HEAVEN!) Fueled by upbeat music and driven by easy to learn and rhythmic choreography; this 45-minute workout maximizes your time - by giving you the

best muscle-toning, core-strengthening, cardio-pumping, cellulite busting fitness class in the world, all from a single, elegantly simple device designed to help you lose weight, boost your overall health, and ENJOY working out. 701 Bounce teaches you a bouncing-dance combination step-by-step, starting slowly at first and gradually picking up speed. The choreography is broken up with specialty core and conditioning work, but by the end of class you'll be jumping on beat with your fellow bouncers, dancing to the rhythm of a predetermined song. NO PREVIOUS DANCE EXPERIENCE IS NECESSARY. This class is great for beginners and seasoned fitness junkies, alike. It's time to put the FUN back in FITNESS and come dance in the sky with 701 Bounce.

### Rebound Rebel

Rebound Rebel is a 30-minute long, interval-driven rebounding class, performed on a Bellicon Rebounder. Although upbeat music (paired with rhythmic exercise) still drives the class, we don't dance (or don't learn choreography) in this one. In Rebound Rebel we simply GET TO TOWN with a quick and dirty system of cardio-blasts broken up with lower cardio conditioning, where timers guide us when to travel to the next section of exercises. This class uses props often, like; hand weights, workout bands, yoga blocks, and more to increase your stamina, build/tone muscles, boost your immune system, and supremely strengthen the core. Rebound Rebel is our quickest rebounding class offered but will still leave you sweat-drenched and muscles-cashed. All levels are welcomed. Come find your inner Rebel.

### Bounce Up, Flow Down

Bounce cardio to raise the heat then a yoga flow to slow it down and stretch it out, this class has it all! This hour-long, full-body workout starts off with 20 mins on the rebounder focusing on "Big-Up" jumps (or larger/higher bounces) and super swift cardio blasts, making it excellent for detoxifying and heart conditioning. The final 40 minutes of class will guide your body thru yoga flows on and off the rebounder to dramatically improve your balance, ease tension, lengthen muscles while toning them, improve joint health, build your core, and quiet your nervous system (aka relieve stress). This class is fueled by empowering music and limitless possibilities. Taste some sky and re-ground back down, all in one 60-min elegant workout with our Bellicon Rebounders and your yoga mat.

## Asana Reimagined

This yoga-fueled dance class allows you to leave your yoga mat at home, as we take our Asana practice to the proverbial dance floor. Asana Reimagined sets Vinyasa Yoga and Basic Contemporary Dance to emotional and dynamic music. In 60 minutes, you will learn a completely choreographed yoga 'dance' designed to boost your immune system, better your balance, enhance your flexibility, detox your body, improve your mood, and give you freedom to express yourself and have fun! The movements and postures chosen are designed for beginners and will be suitable for all experience levels and body types. A prior understanding of basic yoga form is helpful, but not required. It's important to note: **NO PREVIOUS DANCE EXPERIENCE IS NECESSARY.** Postures, movements, and flows will be broken down slowly, step by step so that by the end of this class, we'll find ourselves flowing and breathing in unison to the rhythm and lyrics of a predetermined song. As always, this class will stay grounded in the motto: "No expectations, no competition, and no judgement." So, leave your yoga mat at home and watch your heart soar as your strength, balance, and grace grow exponentially while we take your yoga practice off the mat and onto the 'dance floor.'

## Athletic Restorative Yoga

This yoga class fuses Yin Yoga (longer-held floor postures) with Yang Yoga (shorter-held flowing vinyasa postures) in a manner designed to restore the tight muscles and relieve the joint pain of an athletic or stiff body. Runners, golfers, cyclists, yogis, weightlifters, and even desk workers who are looking to gain flexibility, improve balance, relieve tension, ease back pain, improve joint functionality and build core strength will greatly benefit from incorporating this class into their current fitness routine. Class each week will focus on stretching and stabilizing a specific muscle group. No previous yoga experience is required. Come restore your muscles and find enhanced body performance at your yoga mat in Athletic Restorative Yoga.

## Buti Yoga

Buti Yoga is a primal movement practice that fuses power yoga, tribal dance, and plyometrics into a high-intensity workout designed to transform your body from the inside out. The music is jammin' and the uplifting energy is tangible. This intense workout will leave you dripping with sweat and screaming for more. **WARNING: BUTI YOGA MAY CAUSE BODY-ACCEPTANCE AND IMPROVED SELF-IMAGE.** This practice is designed to get you out of your head and into your bones. Find freedom, love life, discover YOU. You'll get total body stretch, tone,

and burn with each class. No previous experience is necessary, but some prior - basic yoga knowledge, is very helpful.

### Buti Flow Yoga

Buti Flow is a calorie-scorching Buti workout that fuses Flow yoga with body-sculpting primal movement, and flowing dance. This class utilizes slower rhythms than the typical Buti class, and we find grander and more unique transitions within and around yoga asanas. The High Intensity Tribal Dance of a regular Buti class is NOT present here, making this class ideal for students with joint limitations that prevent them from being able to jump or hop. Pregnant women and those looking for a slower/killer workout, will also enjoy this class as it provides the same Buti fun, while being less intense. Buti Flow is a dynamic practice sure to transform your BODY and SOUL. Be prepared to sweat with intention through mindful movement, dance, and yoga exploration. (WARNING! PREGNANT WOMEN: Ideally its best to be 12 weeks along before returning to a Buti practice, practice at you and your doctor's discretion).

### 11:11 The Practice

11:11 The Practice is an urban yoga methodology driven by upbeat music and influenced by Vinyasa Yoga, in a manner that combines 11 primary yoga poses, cardio bursts, 11 Sun Salutations, secondary yoga poses, and chakra clearing movement all while utilizing palindrome sequencing. We create the sequence, then we flip it and reverse it.

Meant for men, women, athletes, and Yogis that want to vibe out to good music with the benefits of stretching, toning, and cardio. Lose weight, sweat it out, release endorphins, and get lost in the flow. Ya dig?

### Partner Yoga/Partner Acro

In this class you'll be safely guided thru the tricks and tips to finding balance, poise, and greater strength in balancing on and with people! Partner Yoga and Partner Acro are two different approaches to a similar idea – working with gravity and partners to make shapes. This class will allow you to discover both as you 'base' and 'fly' with others. This class is great for building community, nurturing friendships, and creating an insanely strong core. Not to mention, it's a total blast! Bring your own partner or meet a new one in class. This class has no prerequisite other than an open mind and a willing heart. In Partner

Yoga/Partner Acro, you'll be constantly smiling as you find strength you never knew you had.

### Soul Power

This class is designed to build strength and balance. I'll take you through a sequence of strength poses, each held longer to target and sculpt the specifically chosen muscle group(s) that day. We breathe consciously and boost our balance with focus and intention.

### Soul Flow

Take your gentle yoga practice to the next level in this fun class. Vinyasa Flow combines the isometric strengthening of held yoga poses and the elevated heart rate of Vinyasa flows. All movements and asanas are fueled by breath and mindfulness. Binds, twists, and deeper backbends will be peppered throughout the class. You will be guided through and encouraged to play with inversions and arm balances, however, many options for modification will be provided. Wherever you are at in your practice, you can expect to encounter both alternative possibilities for safety and unique variations for advancement. Come one, come all, this class is suitable for beginning, intermediate and advanced yoga students alike. *(In Hot Soul Flow the room temperature will be 104 degrees F).*

### Yoga Sculpt

In Yoga Sculpt, we utilize a heated room as we combine hand weights with powerful yoga postures. Also layered within the class are quick cardio bursts and strength-training moves to leave your muscles challenged and your heart strong. Lots of alignment and breath cues are provided to keep you safe and confident. Get ready to find both inner peace, extreme detoxification, and the lean muscle needed to carry you comfortably through all of life's pursuits. No previous Yoga experience needed.

Room Temperature: 85-90 degrees (\*Non-heated class option possible too)

### **(Heated) Advanced Soul Flow**

An advanced Vinyasa-style yoga class that is led predominantly through verbal guidance. The instructor in this class will assume each participant is well versed in yoga language and breathing practices. Flows will occur with minimal instructor demonstration but will be assisted with increased hands-on adjustments. Participants can expect hand balances, binds, inversions, deep back bending and chakra work to be heavily peppered throughout this class. Posture transitions may be quick - therefore recognition of Sanskrit terms will be extremely beneficial to participants. This class is not recommended for beginners. Moderate experience in Vinyasa Flows and Power Yoga classes is highly encouraged prior to attendance of this class, for maximum benefit and participant safety.

**(Heated) Room Temperature: 85-95 degrees**

### **Buti Sculpt**

Buti Sculpt is a 30-minute HIIT (High Intensity Interval Training) class that utilizes the Spiral Structure Technique® of Buti Yoga. The movements during the High Intensity segments are designed to SCULPT and TONE the entire body, while the Low Intensity static yoga postures are there to STRETCH the activated muscle group(s). This class will enhance your recovery speed and therefore help prevent injury in all your other sweaty pursuits. In Buti Sculpt workouts, we focus on building long, lean muscle tone while kicking the body into a heightened metabolic state.

### **Buti Sculpt + Flow**

Begins like traditional Buti Sculpt, i.e., 25 intense minutes of HIIT Buti moves paired with static power yoga poses, but afterward we take the next half of class to dig deep into our freshly warmed muscles with flowing yoga poses and deeper stretches before a well-deserved savasana.

### **HotCore**

HotCore is an intense 30-minute class, that utilizes the Spiral Structure Technique® of Buti Yoga to work the deep muscles of the core with laser-point precision. Socks must be worn, and no yoga mat is needed. Class is broken down into pre-sequenced sets to maximize the entire core musculature. Your entire mid-section will greatly improve in tone, look, and functionality. HotCore is

the perfect add-on class for students looking to enhance core strength or push the limits of their yoga practice. Not designed for beginners. Being able to hold a strong plank pose is ideal, prior to taking this class. WEARING SOCKS is required.

## Essential Yoga

Essential Yoga is a Vinyasa style yoga class that is designed for students who are new to yoga, or those wanting a refresher/gentler class. Essential Yoga classes focus on the fundamentals of a yoga practice - including posture, alignment, breath, and yoga history - all under the kind and non-judgmental eye of a trained professional. Props will be heavily incorporated to aid comfort and easefulness in this class. You'll feel safe and nurtured whether this is your 1<sup>st</sup> or 991<sup>st</sup> time at your yoga mat.

## Barre Flow

Barre Flow combines yoga asanas, ballet-based exercises, and Pilates precision to provide a full body workout - utilizing the ballet barre. Tone lean muscle in your arms, thighs, assets, and abs with isometric holds, high reps, and intentional breath. Improve your posture, physical strength, flexibility, and mental awareness. We'll always close with a luxurious savasana. No previous dance experience is required.

## Hot Buti

We've taken the Buti Yoga class you already know and love and turned up the heat! Hot Buti Yoga is a primal movement practice that fuses power yoga, tribal dance and plyometrics into a high-intensity workout designed to transform your body from the inside out. Due to the higher temperatures, the tribal dance interlaid in this class is at a slower pace and will keep you firmly rooted on the ground. Quick cardio bursts and Jumping are not present here. However, this intense workout will still leave you dripping with sweat and screaming for more. Expect lots of spirals and undulations of the spine. **WARNING: BUTI YOGA MAY CAUSE BODY-ACCEPTANCE AND IMPROVED SELF-IMAGE.** This practice is designed to get you out of your head and into your bones. Find freedom, love life, discover YOU. You'll get total body stretch, tone, and burn with each sweaty class. No previous experience is necessary, but some basic yoga knowledge prior, is very helpful.

Room Temperature: 95-104 degrees

## **Buti Glow**

Sweat meets mindful bad-assery with this Buti Yoga, Black-Light fueled, Glow party! Join Lindsay for a 75-minute Buti Yoga class complete with black lights, glow body paint, and kickin' jams! Buti Yoga is a primal fusion of yoga, plyometrics, and tribal dance designed to transform your body and mind from the inside out. All levels are welcome to this class! Make sure to wear white or neon yoga gear so you GLOW from head to toe!!