



GYROKINESIS® WITH KATHLEEN ANDERSON **EVERY WEDNESDAY 12:15 – 1:15**

All sports activities demand strength, flexibility, co-ordination and range of motion. The **Gyrotonic® Expansion System** provides tomorrows' (and today's) athletes with all of the above. Also, it contributes to a greater degree of endurance, versatility and gracefulness to all performed competitive skills and movements.

It also has an enormous educational value for young children who are becoming physically conscious of their bodies. They benefit tremendously from exercise at a time when glandular development, dexterity and coordination are at such vital stages of growth.

Using a series of patented exercise equipment, this system provides total freedom in movement, with no restriction. The movement patterns are natural and pure with no interruption, emphasizing multiple joint articulations without compression.

The exercises are performed with either a rhythmical expression, creating a gentle cardiovascular aerobic stimulation or vigorous cardiovascular aerobic stimulation depending on the intensity or speed of the execution. It provides extraordinary flexibility and essential strength, culminating in increased vitality and vigor.

Gyrokinesis® is the group class that pertains to the **Gyrotonic Expansion System®**. As in Pilates there is a mat class as well as a machine.

Gyrokinesis® is an exercise system that works the entire body through the natural elements of spinal movements. Through rhythmic and undulating exercises, the system gently articulates the joints while developing muscular strength and flexibility.

Stimulating the body's internal organs and nervous system, this exercise methodology opens up energy pathways and increases efficiency in the circulatory system.

Originally called "Yoga for Dancers", **Gyrokinesis®** is unlike traditional yoga postures in that the exercises are not statically held but move along gracefully and fluidly. Movements are harmoniously connected to the synchronized breath, making them feel more like a dance.

SIGN-UP REQUIRED AT THE FRONT DESK
SPACE IS LIMITED.