

Class Descriptions

MARCH 2020

BARRE \$	Barre mixes elements of Pilates, Yoga, and functional training with moves that are choreographed to motivating music. This challenging, low-impact workout will tone and challenge you!
CYCLING	Cycling is a great cardiovascular workout for all levels. Set to amazing music, you'll pedal through hill climbs, sprints, and many other challenging drills and exercises while the instructor guides you through class. Please arrive a few minutes early for bike set up if you are new to Cycling.
BELOW THE BELT	Below The Belt targets everything from the core down! Get ready to tone your glutes, quads, core and more.
BODY & BANDS	A total body workout mixing cardio bursts with resistance training exercises using different types of bands and body weight for resistance.
BODY SCULPTING	Cardiovascular strength-training class designed to make you lean and defined providing a results-oriented whole body workout. Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories. You will gain strength, balance, flexibility and endurance while focusing on total body health.
BOOT CAMP	This fun and intense group workout combines both cardio and strength/resistance training.
BOSU	Bosu combines all the elements of cardiovascular toning and flexibility into unique and highly effective combinations. This class offers an array of movements that work on endurance, strength, balance, and stability.
CARDIO YOGA	A full-body, barefoot conditioning program that athletes need, and the calorie-burning cardiovascular solution that mind-body practitioners have been searching for.
CARDIO/SCULPT MIX	Combining cardio intervals, metabolic cardio blasts, and strengthening, this all level workout is topped off with core stabilizations and stretching.
GENTLE YOGA	This class is a nurturing class for those who need to heal from illness or injury, de-stress, or just desire a safe space to escape. Seated and supine poses are held for several breaths to allow muscles to gently stretch and release. Standing poses will be a slow, moving meditation. Each class will focus on breathing and relaxation techniques.
GUTS BUTTS & INTERVALS	A no fuss, high-energy class full of muscle conditioning that tones and shapes your hips, thighs, butt and abs. The exercises will target and tone your entire core and lower body for a fun and stress-relieving way to burn off calories!
HIIT	HIIT, or <u>High Intensity Interval Training</u> , is a cardiorespiratory training technique that alternates brief speed and recovery intervals to increase the overall intensity of your workout.
KETTLE / TRX \$	This all level workout requires you to focus on whole-body conditioning. Kettlebells combined with TRX suspension training body weight exercises develop strength, balance, flexibility and core stability simultaneously.
KICKBOXING	Kick and punch your way to cardiovascular health! This class combines traditional elements of kickboxing set to heart-pumping music. You'll feel the power!
MYRIDE®	World's most advanced experience in group indoor cycling. For all levels, MyRide® delivers instructed class to high-definition, forward-motion video and music through a pioneering education program, "The Ergogenic Effect".
P90X	P90X has an amazing amount of variety to target cardio, strength & core through "muscle confusion", letting you focus on agility, balance, mobility, and visible results.
PILATES MAT \$	Mat Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. In this class we will focus on the fundamental Pilates movement including neutral spine, a properly engaged core, c-curve, shoulder and pelvic stability, spinal articulation and full breathing. Mat Pilates can be modified for any age, body, or fitness level.
PILATES MIX \$	Pilates Mix is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. In this class we will use pilates props while focusing on the fundamental Pilates movement. Props may include the Pilates ring, ball, foam roller, bands, and blocks. Pilates with Props can be modified for any age, body, or fitness level.
PILOXING	A non-stop cardio fusion of standing Pilates, boxing, and dance for all levels.
PIYO	PIYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.
RESISTABALL	Come have a ball in this fun and challenging class!!! Resista-Ball is non-aerobic workout that utilizes total body control to tone and define. You will stimulate smaller muscles while increasing good posture and balance in this <u>intermediate to advanced</u> class.
SENIOR FIT	Designed for our senior members, this class combines strength training and basic movements to improve balance and flexibility without the added impact to joints.
SENIOR YOGA	The goals of this class are to gain flexibility, strength and balance as well as to calm the mind and increase the level of focus. The instructor will guide the participants on how to engage core muscles during yoga practice. That will help participants to maintain their posture upright, relax the chest area and therefore have better balance. Postures are included for flexibility as well as for strengthening the thighs and back muscles. Many postures are practiced by using yoga blocks, straps and the bar for participant's ease.
SH1FT & L1FT	SH1FT & L1FT workouts harness the power of the 6 Degrees of Freedom (6DoF) - a concept from engineering and robotics that describes how a body moves through space. Every workout will move you up and down, side to side, forward and back, with dynamic folds, bends and twists. The ability to move through the 6DoF with power, control and precision is the key to functional fitness and staying "fit for life" at any age.
SOULBODY BARRE UN-HITCHED	SoulBody Barre "Unhitched" allows you to get a mindfully intense, more athletic BARRE workout as our SoulBody Barre class without having to use a fixed bar. Instead this class uses a Body Bar and ball for both strength and balance.
SPEED & AGILITY BOOT CAMP	This Boot Camp focuses on SPEED & AGILITY working on muscular endurance, strength & coordination to achieve quick efficient movements in multiple directions. NEW
STEP	Step up to a great workout that offers intensity with low impact. This intermediate to advanced class involves stepping up and down on an adjustable bench using fun combinations.
STRENGTH	Group weight training that will target and tone you from head to toe!
STRONG BY ZUMBA®	STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In this one-hour class, you will burn calories while toning arms, legs, abs and glutes. This is <u>not</u> a dance class.
TOTAL-BODY-ATTACK \$	Meet us in the Functional Training area for TOTAL - BODY - ATTACK!! This small group class is a full body strength workout using a wide variety of equipment from our training floor mixed with cardio bursts.
TRX \$	This class will push you to new levels of strength using the TRX Suspension Trainer and your own body weight. Be ready to "feel the burn" as you power through multiple sets of high tension loads in this time-based workout.
TURBO TONE	A fast-paced mix of high-rep count weight lifting contrasted by bursts of high-intensity cardio.
YOGA	This class is based upon the needs of those attending. We will slowly move through postures, taking the time to learn proper alignment and build strength. This class is suitable for beginners as well as any level of student.
YOGA ASHTANGA: LEVEL 1	The goal of this class are to gain balance in 2 categories: 1)Physical balance: flexibility and strength and 2)Wholistic balance: physical, mental and energetic. The instructor will guide basic standing and seated postures as well as finishing sequences to accomplish the goals. Participants will learn breath control and how to engage core muscles during practice. Points for deepening various postures will be guided.
YOGA FLOW	Yoga Flow is a dynamic and flowing style of yoga which links breath and movement through a creative series of postures that balance strength and flexibility while cultivating mindfulness through a continuous flow.
ZUMBA®	A fusion of Latin and International music, Zumba is a series of dance themes that create a dynamic, exciting, and effective fitness system for all levels.
ZUMBA GOLD®	Created for the active, older adult, this dance class is a fun-filled, safe and easy to follow Latin dance program. It is appropriate for all fitness levels.