

# ONE TO ONE GROUP EXERCISE CLASS DESCRIPTIONS

**Barre:** This is not a ballet class! We challenge you to take Barre, which fuses the best of dance, yoga and Pilates. Primarily using the ballet barre, you will do exercises that improve core strength, balance and posture while toning your entire body.

**Breakfast Club:** This senior fitness class is designed to include all the components of fitness for the aging adult. After class, breakfast is provided to replenish your body and enjoy time to socialize.

**Cardio Muscle:** A variety of equipment (step, jump rope, balls, weights, etc) will add to the fun of blending aerobic activities and strength training. No complicated choreography...just an intense workout suitable for all.

**Cycle:** A cardiovascular workout mixed with rhythmic and cycle specific drills on a stationary bike. No previous cycling experience required. **A towel and water bottle are required** and a heart rate monitor is highly recommended. The number after "CYCLE" indicates the minutes / length of class.

**HardCORE:** A 30-minute strengthening class with emphasis on your torso. What is your goal? Preventing or decreasing back pain? Improving your posture? Washboard abs? Trimmer waistline? This class is for you! All levels welcome.

**Hips, Buns & Thighs:** Firm up with our 45-minute, high intensity, circuit style, lower-body strength & conditioning class. We recommend experience in our cardio muscle or muscle conditioning classes prior to attending Hips, Buns & Thighs.

**HIIT:** If you want to take your fitness to a new level, join us for high intensity interval training. HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise followed by longer intervals of lower to moderate intensity exercise. We recommend experience in our cardio muscle or muscle conditioning classes prior to attending HIIT.

**Muscle Conditioning:** A resistance training workout using weights, elastic bands, exercise balls, tubing and more to improve muscular strength and endurance for the entire body.

**Pilates Mat:** Pilates is designed to improve flexibility, muscle tone, balance, spinal and low back support and mind-body awareness. This class is designed, but not limited to, participants who are new to Pilates on the mat. Instruction will include the fundamentals and basic components of Pilates exercises.

**Pilates Fusion:** This class blends Pilates with yoga, strength training and/or cardio with the focus on core stability, balance, and flexibility.

**Pilates w/ Weights:** This 45-minute class will take your Pilates practice to the next level by incorporating weights and standing exercises with your Pilates workout, all to EDM and Coachella inspired music.

**Qigong:** Learn the skill of attracting vital energy combining movement & meditation while bringing peace to your mind, body & soul.

**Slow Flow Yoga:** This class is a combination of Vinyasa Flow and Hatha yoga, with fewer transitions than Vinyasa and more flow than Hatha yoga. It is designed to help you find the space between poses while still maintaining the gentle rhythm of a flow yoga class. A perfect class for students who want to learn more about the poses, explore breath work and slow down to deepen their practice.

**STRONG:** Do you love Insanity or HIIT classes? If so, then this is the workout for you! In this class, you will use your own body weight to improve muscular endurance, tone and definition. The high intensity intervals will get your body burning calories long after your workout!

**Tai Chi:** Improve your balance, stimulate circulation & reduce stress with slow rhythmic movements designed to maintain the body's integrity.

**Yoga Flow:** Takes the poses of Hatha yoga and sequences them together combining breath and movement (vinyasa) incorporating more strength and muscular endurance, as well as moments of holding postures for flexibility. You will learn to find your fitness edge while maintaining a yoga focus in this vigorous vinyasa flow class. Breath work and meditation are a part of all classes. Everyone is welcome, though we recommend experience in a Slow Flow Yoga class prior to attending Yoga Flow.

**Yoga Sculpt:** This is a full body workout in a warm studio combining traditional yoga poses, light weights, cardio bursts and strength training. Bring your mat and water and be prepared to sweat and have fun!

**Zumba®:** Experience the latest "feel happy", Latin rhythm workout! The dance routines feature aerobic/fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body. It is based on the principle that a workout should be "FUN AND EASY TO DO".

---

## Special Notes:

- Always consult with your physician before starting an exercise program.
- Learn how to monitor your training heart rate. When not using a heart rate monitor, we use perceived exertion.
- Wear comfortable, appropriate attire and proper footwear. For classes performed barefoot, please still wear shoes to the studio.
- Drink water before, during and after exercise to prevent dehydration and muscle cramps. Eat regularly through the day. Do not exercise on an empty stomach.
- **Do not enter a class if more than 10 minutes late.** It places your safety at risk and is disruptive if you come in late or leave early, please let the instructor know if you must do so. If you arrive late or leave early, remember the importance of the warm-up, cool-down.
- Please notify your instructor if you have any special concerns, i.e. pregnancy, diabetes, fasting, surgery so modifications can be explained.