

# ONE TO ONE — FITNESS —

## GROUP EXERCISE CLASS DESCRIPTIONS

**Barre:** This class fuses the best of dance, yoga and Pilates. This class will improve your core strength, balance and posture while toning your entire body. All levels welcome!

**Core & Conditioning:** A moderate intensity, 30-min class designed to build your core muscle groups while improving posture through exercises that strengthen the abdomen and back muscles and increase flexibility. Movements will be executed from both standing and sitting positions and use dynamic and static exercises.

**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.

**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. All levels are welcome, and modifications will be shown, but please note that this is a high intensity class.

**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. This class is open to all levels and modifications will be provided. Bring any of the above equipment, or you can use household items like soup cans, a gallon of milk, laundry detergent, backpack, etc. Be creative!

**Kettlebell:** Kettlebell exercises are dynamic and focus on endurance, strength, power, agility and cardio. This is a challenging class, but all levels are welcome, and modifications will be provided. Kettlebells are provided first-come, first-served, or you are welcome to bring your own. For those at home, you can use hand weights or improvise with items from home.

**Pilates Mat:** Pilates Mat focuses on muscle tone, balance, posture, body alignment and mind-body awareness. Bring a yoga mat or towel. This class is open to all levels.

**Power Yoga:** Power flow yoga is a more vigorous style of yoga with flowing patterns of motion and energy. It is recommended that you have experience with a yoga flow/vinyasa flow class, but all levels are welcome. Bring a yoga mat or towel and yoga block (substitute a water bottle, pillow, blanket, etc.).

**Qigong:** This mind-body-spirit healing art can improve one's mental and physical health by integrating posture, movement, deep rhythmic breathing and focus. Qigong is a more free-form practice that is less rigid and more adaptable than Tai Chi. This class is open to all levels.

**Tai Chi:** Improve your balance, stimulate circulation and reduce stress with a series of continuous, circular, slow, relaxed and smooth flowing movements designed to maintain the body's integrity. This meditation motion is more structured than Qigong and is open to all levels.

**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. All levels are welcome. Bring a yoga mat or towel and yoga block (substitute a water bottle, pillow, blanket, etc.)

**Yoga Sculpt:** This is a full body workout combining traditional yoga with resistance training, core work and cardio. Bring your yoga mat or towel and water. All levels are welcome.

**Zumba®:** This class combines Latin and international music with slow and fast dance moves designed to tone and sculpt the body. It is so fun that you forget you are working out! All levels are welcome, and you can feel free to dance like no one is watching. No dance experience is required.

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### Special Notes:

- See the schedule for class location. All classes (excluding Cycle) are streamed via Zoom. Many classes are hosted in-person.
- 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 class location.
- 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.