

ONE TO ONE — FITNESS —

GROUP EXERCISE CLASS DESCRIPTIONS

Barre: This low impact class utilizes isometric/smaller movements with high repetitions to improve your core strength, balance and posture while toning your entire body. You'll increase your heart rate while challenging many muscle groups at the same time using the barre (or chair if at home) and a yoga mat. This is not a dance class and will challenge people of all fitness levels.

Cardio Dance: A high energy class that combines dance choreography from different genres with cardio exercises for a great workout that will keep your heart rate up and the calories burning. Learn new moves and have tons of fun!

Cycle: A high intensity, low impact, fast-paced cardiovascular workout on an exercise bike that focuses on endurance, power and strength using intervals, high intensity and recovery periods. No previous cycling experience required and you can modify your resistance based on ability. Bring a towel and water bottle.

Cycle Hip Hop & Cycle Rhythm: This high intensity, low impact, fast-paced cardiovascular workout on an exercise bike incorporates rhythmic and cycle-specific drills with focus on riding to the beat of the music. Movements including push-ups, triceps dips, tap backs and more may be added. Experience in a traditional cycle class is recommended, but not required. Bring a towel and water bottle.

HardCORE: A moderate intensity 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.

HIIT: "High intensity interval training" 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. While modifications will be shown, this is a high intensity class.

Hips, Buns & Thighs: This higher intensity class focuses on strengthening, toning and conditioning your lower body (quadriceps, hamstrings, glutes and calves) with a wide variety of exercises incorporating body weight, dumbbells, bands and more.

Mobility Training: A low impact class is designed to improve and increase your range of motion, movement capacity, body awareness and control, physical performance, strength, neurological function, injury prevention/mitigation and rehabilitation, allowing the body to move and perform in the way it was intended without pain, fatigue or limitations. Exercises will target different parts of your body while looking at the body's function as a whole. All ages and fitness levels can benefit from regular mobility training and control.

Muscle Conditioning: A moderate intensity resistance training workout using weights, elastic bands, exercise balls, tubing and more to improve muscular strength and endurance for the entire body. For those joining us virtually, you can use hand weights or improvise with items from home.

Kettlebell: Kettlebell exercises are dynamic and focus on endurance, strength, power, agility and cardio. For those joining us virtually, you can use hand weights or improvise with items from home. This is a challenging class, but all levels are welcome and modifications will be provided.

Pilates & Fitball: A low impact class incorporates the philosophy and exercises of Pilates mat classes with fitball exercises to further challenge, strengthen and tone your core muscles including the abdominals, back, glutes and thighs, improve flexibility and balance, and open up the spine. Class will spend approximately half of the time on the mat and half using the fitball. Modifications are provided for those not using a fitball. Bring a yoga mat if you have one.

Pilates Mat: A low impact class that focuses on muscle tone, balance, posture, body alignment and mind-body awareness. There is concentration on each movement being precise, steady and controlled with associated breath control. Pilates specifically focuses on your core which affects the rest of your body. Bring a yoga mat if you have one.

Power Flow Yoga: 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.

Synergy: A low impact workout incorporating the best of Pilates, yoga, mobility, and more. Incorporates body awareness exercises that focus on the development and enhancement of muscular strength, core stability, balance, flexibility and movement.

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 we encourage you to attend both classes!

TRX: A moderate intensity class utilizing suspension training that uses body weight exercises and gravity to develop strength, balance, flexibility, and core stability simultaneously.

Vinyasa Flow Yoga: Take the poses of Hatha yoga and sequence 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.)

Zumba®: This moderate to high intensity 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.
