

ONE TO ONE — FITNESS —

GROUP EXERCISE CLASS DESCRIPTIONS

Ballet: This class covers classical ballet techniques, stretching and mobility while utilizing both the barre and center. You will learn how to perform ballet combinations with smooth, detailed movements with a bit of cardio mixed in. No equipment will be used on most days. Leather bottom dance flats are recommended, or you can wear socks. All ballet levels are welcome, including beginners.

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.

Boxing Fitness: This high intensity class is designed to teach the fundamentals of boxing while simultaneously developing cardiorespiratory fitness and muscular endurance with boxing, conditioning and reactive drills, body weight exercises, and occasional use of a heavy bag. There is no sparring. Participants will use wrist wraps and gloves and are encouraged to bring their own. This class will challenge people of all fitness levels, modifications will be provided.

Cycle and HIIT 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.

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.

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.

Muscle Toning & Core Strength: A moderate intensity class with an emphasis on muscle endurance, strength, and definition with the use of light and medium weights that will target your core, shoulders, arms, hips and glutes.

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 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.

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.

Self Defense: This class focuses on structural strength; building strength from the inside out. It is designed to improve your situational awareness and safety to confidently navigate your surroundings. The emphasis is on de-escalation and defusing bad situations. Should a situation escalate, you will learn techniques rooted in Brazilian Jiu-Jitsu to respond effectively using leverage and structural strength from both standing and ground positions. This class is open to all levels and ages. Belt testing classes and personal training for more personalized instruction are also available.

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.

TRX Mat: Take TRX to the next level with this high intensity workout. Learn advanced movements utilizing suspension training from the mat with body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. You must be able to support your upper body while your feet are suspended in the straps. If you are new to TRX please attend a regular TRX class before you take this class.

Upbeat Yoga: This Vinyasa-style yoga class will incorporate pop and hip hop music to offer good vibes, upbeat tempos, and fun to your typical yoga class. All levels are welcome.

Vinyasa Flow Yoga: In this class, you will move seamlessly (flow) between a variety of yoga poses, linking breath to movement. 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.