

# 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.

**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 is required, and you can modify your resistance based on ability. Bring a towel and a water bottle.

**Grounded Strength:** A moderate intensity class focused on functional strength, mobility, and flexibility. Using bodyweight and light resistance, you'll move through controlled, intentional exercises designed to improve joint health, balance, and core stability. Each session ends with deep stretches and guided breathwork to support recovery, reduce stress, and leave you feeling strong, centered, and grounded.

**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.

**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.

**Rock Solid & Rope Strong:** This class combines kettlebells and TRX for a full-body workout. Build strength, endurance, and flexibility with kettlebell exercises, while enhancing balance and core stability with TRX training. Perfect for all fitness levels, this class will help you move better and feel stronger in everyday life.

**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:** 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.)

**WERQ Dance Fitness:** A wildly addictive cardio dance fitness workout to the freshest pop and hip-hop music. The classes are designed to be judgment-free and supportive, and to create a good vibe. No dance experience is required.

**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.