

# 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.

**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.

**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.

**Interval Full Body Strength:** Interval training involves alternating short, intense bursts of exercises with brief recovery periods to make the most of your workout time. This class will offer a warm up and 3 working sections of 12-minute intervals, with different exercises each round.

**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.

**Mobility:** This 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.

**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 and yoga block if you have them.

**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.

**The Strength Lab:** Lift smarter, not just harder. The Strength Lab is a coached small-group session where we build real, repeatable strength by mastering compound lifts, tempo control, and simple, trackable progression. You'll learn exactly how to move, how fast to move, and how to keep adding weight (or reps) safely week after week.

**Step & Strength:** Blending cardio and weight training, this class focuses on choreographed step routines to music and then pivots strength training using dumbbells. The step height and dumbbells can be adjusted for intensity so that all fitness levels are welcome.

**Step & Tone (by Xtreme)** is a hybrid fitness class that blends high-energy step aerobics with strength intervals to deliver a full-body workout. It combines rhythmic cardio with light resistance training (2-5 pound dumbbells) to burn calories, elevate endurance, and sculpt lean muscle. All levels are welcome.

**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.