

Class Descriptions

AEROBIC & STRENGTH TRAINING

- **Abs & Up** A mix of flexibility training, toning exercises for the upper body and abdominal work. A perfect accompaniment to any workout program.
- **Aerobic Variety** A cardio workout challenges you with a more choreographed approach
- **Basic Training** Enhancing your current strength training learning proper form, technique and safety.
- **Body Awareness** Improve your awareness through a series of gentle stretching and strengthening exercises.
- **Body Work** A low impact cardio and strength training using light weights, resistance bands and the ball
- **Cardio Kickboxing** is high energy, explosive, and motivating non-contact kickboxing workout that blends elements of boxing, martial arts and traditional aerobics 60-minute exercise routine.
- **Cardio Lite** Low impact/low intensity aerobics, strength and balance training and stretching
- **Cardio Strength** Combining a full-body resistance training with continuous high intensity cardio training for complete body conditioning workout
- **Lite Weights** This class incorporates the use of light weights and resistance equipment to strengthen and stretching the joints as well as muscles.
- **Lower Body Sculpt** uses weights and your own body weight through a series of movements on the mat to work your abs, hamstrings, gluts, abductors, and adductors. It's a great class to sculpt and tone without ever getting off the mat! This class is for beginning to advanced exercisers.
- **Muscle Jam** Intense upper and lower body conditioning exercises utilizing dumbbells, the body bar, tubing and the step.
- **Robics Dance** a low impact, fat-burning aerobic movements, muscle-building exercises, and stretching routines that are performed to music using many forms of dance including disco, jazz, ballet and salsa.
- **Step-n-Sculpt** Stepping followed by resistance training utilizing the bench, body bar and/or dumbbells. Abdominal work and stretch included.
- **Super Step** A step class with challenging choreography within a nonstop strong cardiovascular workout.
- **Tight & Tone** 30-minute class focusing on the core and upper body strength.
- **Zumba** a high energy, feel-happy mixture of body sculpting movements with easy to follow dance steps, utilizing the principles of aerobic, fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

MIND & BODY

- **Yoga** increases strength, flexibility and muscular awareness and helps to develop a sense of concentration and balance.
- **Align The Spine Yoga** Discovery of our inner alignment by synchronizing correct breath and movement; releasing muscular tensions acquired through life-long habits.
- **Ashtanga** A flow of poses in a fixed sequence building and warming up to more advanced poses. Starting from standing poses, Sun salutations to sitting, twists, continuing to backbends and inversions.
- **Basic Back Care** A healthy back is strong, flexible, and pain-free. Focus on posture, core strength and spinal stability, strengthening and stretching the muscles that support the back
- **Essential Pilates** Focuses on improving flexibility and strength for the overall body, but doesn't build bulk. More than just exercise, pilates are a series of

controlled movements to engage one's body and mind.

- **Gentle Yoga** A very gentle yoga that increases flexibility and strength. A perfect class for the newcomer to the yoga practice
- **Pilates Plus** Learn to utilize and strengthen your deep abdominal muscles, obliques and lower back, combining the precise movements and traditional fitness elements. Not for beginners, Essential Pilates or experience a must before taking this class.
- **Slow Flow** Breathing is deep and slow, but poses are strong and the body generates heat and deep sense of calm. This class is perfect for beginners.
- **Vinyasa** A flow of breath can be as simple as bending forward with exhale and sitting up with inhale, Vinyasa introduces you to breathing through your movements

SPINNING

- The **Spinning™** program is the original and most popular group cycling class. With no complicated moves to learn, a motivating group environment, top-notch instructors and music that begs your legs to pedal, you'll find yourself having a blast while you ride your way to a leaner, stronger body.
 - **Intro to Spin™** If you're new to the Spinning™ program this is the class for you. You will learn the correct bike set up, hand positions and safety. Your instructor will take you on ride using the various energy zones
 - **Spin™ & Sculpt** ½ hour of an all terrain spin and ½ hour weights utilizing the core strength to compliment the your Spinning™ program. A perfect class for the person who wants to experience a less intense ride
- Endurance Energy Zone**
Endurance training is your foundation allowing for shorter recovery times, higher fat metabolism and a lower resting heart rate.
- Strength Energy Zone**
Using high resistance and a slower cadence, you'll hover between aerobic and anaerobic zones. Tone your legs and build your mental strength.
- Interval Energy Zone**
Alternate bursts of speed and power with recovery. You'll increase your aerobic and anaerobic capacity, which will lead to bolstered stamina and endurance.
- Race Day Energy Zone**
Challenge your body and celebrate your strength. Training at or above anaerobic threshold teaches your body to perform at higher intensities.
- Recovery Energy Zone**
Without sufficient rest, your body can't get stronger. Recovery Rides promote healing and circulate oxygen to tired muscles, ligaments and tendons.

WATER

- **Deep H2O Cardio Fit** Your joints and heart will love this fat burning, fun, all inclusive workout to motivating music. Floatation belts and other equipment are provided.
- **Hydrotone** Fun deep water class using various Hydrotone equipment that amplifies the natural resistance of water to enhance exercise
- **Wet Jam** A fun athletic approach to water fitness training with specific drills, cardiovascular work, intervals, plyometrics and strength training, improving your cardiovascular conditioning as well as muscular strength and endurance. A perfect class for the beginner to the experienced athlete