

Group Class Descriptions

Basic Lo: Warm up followed by Low Impact aerobics with simple choreographed moves to get your heart rate up into the aerobic zone. The 30 minute aerobic segment is followed by weight work for the upper body and core work using your own body weight. Participants are encouraged to use plenty of weight for strength benefit with low #(8 to 12) of repetitions. Finishes with a thorough stretch and relaxation.

Body Combat: is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Bodypump: is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition. Bodypump gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Body Sculpt: Warm up followed by weight and resistance-band work for the upper body, and legs, and core work using your own body weight, sometimes on a large stability ball. Participants are encouraged to use plenty of weight for strength benefit with low # (8 to 12) of repetitions. Finishes with a thorough stretch and relaxation.

Gentle Yoga: These classes are a good choice for anyone interested in exploring a less strenuous yoga practice, including beginning practitioners and those who might have some physical limitations. Standard postures, asanas, are taught at a relaxed pace with options, modifications and use of props. Emphasis is on safe and effective alignment in asanas and stretches; as well as breath awareness, mindfulness and relaxation.

Hatha Yoga: This class will teach practitioner to build skills into flowing sequences with a focus on combining breath with movement. Students will learn to refine postures and move beyond the limitations of body and mind.

Pilates: Pilates is a Mind/Body mat class based on the work of Joseph Pilates. The focus is the core, emphasizing strength and balance work for abdominals, hips and thighs. Upper body strength work with the use of dumbbells for 10 minutes is included. Modifications and progressions of each exercise are demonstrated. Beginners welcome. Must be able to get down onto the floor unassisted.

Pilates Express: Don't let the short time fool you...this class will challenge your core and more! Pilates strives to create a strong, flexible and balanced body. Exercises focus on precise movements that emanate from core strength. Proper form and core engagement are stressed during each exercise. Modifications are given to accommodate all levels.

Step and Tone: is a cardio class with choreographed movement on the Reebok Step. A routine is taught to the class and performed for 40 minutes of cardiovascular work, followed by strength work for core and upper body and a 5 minute cool down. Instruction for posture, breath awareness and alignment included. Beginners welcome.

Step Techniques: Warm up followed by an intermediate to advanced choreographed step aerobics class where the moves are broken down and explained as the combinations build. Aerobic segment is followed by weight work for the upper body and core work using your own body weight. Participants are encouraged to use plenty of weight for strength benefit with low # (8 to 12) of repetitions. Finishes with a thorough stretch and relaxation.

Strength Cycling: A fun and fast hour of cardio, hills, endurance, sprints and time trials plus a short set of high repetition/low weight strength work on the bike. This class is about good music, great vibes, and working out in a community of like-minded folks. The workout can be easily adjusted for all fitness levels so come join us!

Therapeutic Yoga: The focus in therapeutic yoga is to move with breath and awareness while coordinating balance, alignment and symmetry. The intent is to use every muscle in the body with relaxed awareness. We relax and access

Group Class Descriptions

muscles from the bottom to the top of the body as we complete each asana (exercise). All levels of fitness are welcome.

Walk Fit: The class is a 60 minute outdoor low impact, low intensity, full body fitness class. The class use resistance bands, playground equipment, fields and other props as available to add balance and strength elements to the walking program.

Yoga Flow: These Vinyasa centered, movement oriented classes are suitable for experienced Yoga practitioners of all levels. Asanas, poses, flow from one to another, linked by breath, gradually building deep internal warmth. All classes include exploration of Sun Salutations, standing asanas, core integration, forward and back bends, twists, hip openers, inversions, and deep stretching. Each class offers a sustainable practice where the body, mind and breath are fully integrated. Saturday class is 1.5 hours to allow for more exploration of Vinyasa flow.

Zumba: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.