

# CLASS DESCRIPTIONS

## CARDIO

**Cardio Sculpt:** Strength training routines while working on your cardiovascular system, the best of both worlds! Level II-III.

**Tabata:** Strength training routines while working on your cardiovascular system following Tabata format: Each exercise 20 seconds HIIT alternated with 10 seconds of recovery for 8 rounds/4 minutes total. Level II-III.

**DanceFit** - An intense cardio format, incorporating dance styles and music from around the world. The workout also includes elements of athletic movement, plyometrics, and body-weight conditioning. No dance experience needed! All levels.

**Cycle:** A cardiovascular class simulating an outdoor ride; endurance, strength, aerobic, and anaerobic intervals will be the focus of this class. You will need Stationary bike or trainer. All levels.

**HIIT:** High Intensity Interval Training involving a series of low to high intensity periods of exercises. Burn calories, improve cardiovascular endurance, build strength. Level II-III.

**Kick Boxing Conditioning:** Release that inner warrior and lock-in a full-body workout. This class is a blend of cardio kickboxing and athletic drills. This is a high intensity knockout workout! Level II-III.

**UJAM@/Mixed Fit@:** We have fused two energetic dance styles into one fantastic class! Explosive dance movements w/athletic cardio dance moves. All levels.

**Zumba@:** High energy, captivating music with Latin inspired moves will leave you asking for more! This feel good workout will help you find the dancer within! All levels.

## MIND BODY

**Aligned Vinyasa:** A unique Yoga class that focuses on strength while learning and practicing meticulous alignment. The class cueing and pose modifications will encourage a safe and healthy workout for each participant. All levels.

**Chen Tai Chi & Qigong:** We will be practicing exercises and forms derived from the Chen Tai Chi tradition. Tai Chi is a gentle yet powerful art, which through regular practice helps the body to develop increased flexibility, balance, strength, and range of motion. All levels.

**Meditation:** Start your day with a centering practice to develop concentration, eliminate stress, and cultivate inner stillness. All levels.

**Hatha Yoga:** Blend asanas (poses) with deep breathing techniques for a mind-body connection. Increase strength, flexibility; improve posture and relaxation. All levels.

**Mat Pilates:** Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. Monday and Wednesday PM classes will emphasize proper breathing and recovery. All levels.

**Qigong & Meditation:** This gentle, vitalizing practice integrates flowing movements, breath, and intention, to nurture and direct Qi (life-energy) throughout the body. We mix Qi from nature, heaven, and earth with the Qi of the physical body. Each class incorporates a themed meditation. All levels.

**Vinyasa Yoga:** dynamic yoga practice that links body movements to breathe. Class will move in a continuous, dance-like flow, and you will breathe, sweat, and relax! All levels.

**Yin Yoga:** This Yoga practice consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine. The poses are held for up to five minutes, sometimes longer. All levels

**Yogilates:** A fusion of Yoga and Mat Pilates for a complete full-body and core workout! All levels.

**Yoga Flow:** Great for beginners, this Hatha yoga class set to a slower pace will combine a flow technique with deep breathing exercises that will improve the mind-body connection. All levels.

**Yoga Strength & Flexibility:** Mindfully build strength and flexibility for your Yoga practice. Explore range of motion, muscle tone and body awareness. Yoga props may be used if available. All levels.

**Yoga Stretch and Restore:** relax and rejuvenate with gentle stretching, rhythmic breathwork and guided relaxation. This accessible practice will help to destress the mind and body and prepare you for the start of your week. All levels.

## STRENGTH

**10/20/20:** A full body workout divided into 10 minutes of aerobic movements, 20 minutes of body weight strength exercises and 20 minutes of Yoga stretch. All levels.

**BARRE Fusion:** A full body workout, fusing ballet barre, cardio, Pilates, yoga, and core conditioning. You may utilize small equipment if you have it such as light weights or bands. Strengthen the core and improve flexibility. All levels.

**Body Conditioning:** Tone and strengthen your muscles using your body weight. Learn proper form and execution of many different exercises emphasizing strength and flexibility. All levels.

**BOOT CAMP:** Strengthen major muscle groups with body-weight exercises and utilize a variety of exercise equipment such as dumbbells and resistance bands to target the major muscle groups. Build muscular endurance, balance and core stability with a variety of exercises! All levels.

**Core Blast:** Improve core strength, stabilization, range of motion, while reducing muscle tightness in this total body workout. All levels.

**Pilates Sculpt:** Pilates based strength training techniques utilizing small equipment to challenge balance and core strength. All levels.

**Stable & Strong:** Ideal for older adults, those in rehab, and beginners who want to increase range of motion via functional movement, balance & strength. Beginners & level I.

**Strength and Stretch Fusion:** A combination of body weight/dumbbell training, stretching and mind body elements fused into a dynamic workout. All levels.

**Total Body:** Aerobic movement, strength training, core stability and balance will be included in this fun workout. Beginners and all levels.

**Revised 3/2/21**