

## AQUA

**Aqua Fitness** — Total body and non-impact. Cardiovascular, strength, & flexibility exercises, great for rehab or a killer workout. Beginner welcome, all levels.

## CARDIO

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

**Dance Fusion:** A mixed format dance party! This class combines the latest moves from KPOP, Latin flair, Bollywood, Afrobeats and a splash of TikTok music! Join Phoebe on Tuesdays at 4:30pm for this fantastic workout!

**Cycle:** A cardiovascular class simulating an outdoor ride; endurance, strength, aerobic, and anaerobic intervals will be the focus of this class. 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.

**Kickbox 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@:**An athletic cardio dance fitness program unites world beats with urban flavor and flair! All levels.

**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.

**Gentle Yoga:** A slow, low intensity Yoga class which focuses on basic Yoga techniques and poses. Beginners welcome, all levels.

**Mat Pilates:** Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. All levels.

**Hatha Yoga & Meditation:** Blend asanas (poses) with deep breathing techniques for a mind-body connection. Increase strength, flexibility; improve posture and relaxation. This class concludes with 15 minutes of meditation to develop concentration, eliminate stress, and cultivate inner stillness. 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.

**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 Fusion:** A full body workout, fusing Yoga poses, cardio and core conditioning. You may utilize small equipment such as light weights or bands. Strengthen the core and improve flexibility. 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. All levels.

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

## STRENGTH

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

**Body Sculpt:** Tone and strengthen your muscles using dumbbells, BodyBars, resistance bands, steps, balls, and more! A variety of strength exercises using many modalities. 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.

**Stable and Strong II – Core:** Using the fundamental fitness principles of the basic Stable and Strong class, this advanced class will center on developing the core strength critical to good balance, efficient mobility and proper posture. The class will also feature special workshops such as the Fall Down/Get Up Safely protocol. Beginners & level I.

**Stable and Strong II – Power:** Using the fundamental fitness principles of the basic Stable and Strong class, this advanced class will focus on training muscle groups to develop increased power. Power is the ability of groups of muscles to work together to complete tasks like pushing a couch or getting up from a chair. Beginner & 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.

**Strength Conditioning -** Strengthen major muscle groups with body-weight exercises and utilize a variety of exercise equipment such as dumbbells, resistance bands, and/or steps to target the major muscle groups. Utilizes high repetition work to build muscular endurance and stamina. Great balance and core stabilization exercises are incorporated into this great workout. All levels.

**Zumba STRONG 30@ -** A high-energy HIIT-style class specifically designed for exercisers looking for a more challenging workout.

*Revised 8/1/2021*

# CLASS DESCRIPTIONS

Summer 2021