

# Fitness Class Descriptions

**15-15-15** (45 minutes)

**Moderate Intensity; Moderate Impact**

Get fitter faster in this interval training class! 15 minutes of cardio exercises followed by 15 minutes of strength training and finishing with 15 minutes of abs and stretching for a full body workout.

**ABT** (60 minutes)

**Moderate Intensity; Moderate Impact**

ABS, BUTT & THIGHS! Shape up and burn calories as you squat, lunge and crunch your way to fitness. Using a variety of equipment including weights, bands, gliders and bodyweight exercises you will tone and trim those areas we love to hate!

**Body Pump** (60 minutes)

**Moderate Intensity; Moderate Impact**

Burn calories while shaping and toning your body and increasing core strength. This power-hour will incorporate cardio, H.I.I.T and Tabata exercises to elevate your heart rate while you strengthen and tone using weights, bars and gliders. Mat work is also included- participants must be comfortable getting to and from the floor.

**Body Toning** (60 minutes)

**Moderate Intensity; Moderate Impact**

Sculpt and tone your body while increasing joint mobility and core strength. This class will include a variety of exercises using light weights, bands, balls and body weight exercises for your upper body, lower body and core.

**Body Toning Express ( 45 minutes)**

**Bodysculpt** (60 minutes)

**High Intensity; Moderate Impact**

Work all of your muscles in every way possible in this class designed to build strength, define your muscles and decrease body fat. Increase your lean muscle mass using a combination of cardio drills, dumbbells, tubing, body bars and a variety of body weight exercises to transform your body.

**Bodysculpt Express: 45 minutes**

**Bolly-X**  (60 minutes)

**Moderate Intensity; Moderate Impact**

This Bollywood-inspired dance-fitness class combines fun choreography with the hottest music from around the world! This program cycles between high and lower intensity cardio that can be modified to suit individual needs.

No dance experience needed!

**Bootcamp** (60 minutes)

**High Intensity; Moderate Impact**

Circuit-style bootcamp using a variety of challenging workouts to build strength and stamina. A combination of cardio fitness, muscular endurance and strength building exercises using a variety of equipment - never the same workout twice!

**Cardio Combo** (60 minutes)

**Moderate Intensity; Moderate Impact**

This class has it all! Using light weights, bands and body weight exercises, increase your muscular endurance and strength while improving your cardio, flexibility and balance. Steps may be used for an increased challenge! Class includes mat work; participants must be comfortable getting to and from the mat.

## **Cardio Combo - Stretch** (60 minutes) - **NEW!**

### **Moderate Intensity; Moderate Impact**

40 minutes of toning your upper and lower body using light weights, bands and a variety of body weight exercises with cardio bursts in between it all. The final 20 minutes will focus on stretching and flexibility training using foam rollers and yoga poses to open your hips and shoulders while relieving tight muscles.

## **Circl Mobility** (45 minutes) - **NEW!**

### **Moderate Intensity; Low Impact**

Explore flexibility, breathwork and mobility exercises to help you move better, longer. Set to relaxing music, this class will actively take you through movement patterns to improve your range of motion, balance and flexibility. Suitable for all fitness levels. Participants must be comfortable getting to and from the mat.

## **CORE Express** (45 minutes)

### **Moderate- Intensity; Low Impact**

A challenging class that targets the abs, obliques, back and legs to activate and strengthen your core muscles. Targeted balance and core exercises using a variety of equipment including: Bosu, Fitballs, and body weight exercises. Mat work is included- participants must be comfortable getting to and from the floor.

## **Deep Stretch Yoga** (60 minutes)

### **Low Intensity; No Impact**

Enjoy a deep level of relaxation while improving your flexibility in this slow, calming yoga class. Disconnect from the frantic activity of daily life and prepare your mind and body for meditation and a deepened awareness. Prolonged stretches will aim at opening up your shoulders and hips while stretching the legs and releasing tension in your entire body. No previous Yoga experience needed - beginners welcome.

## **Fitness Therapy** (60 minutes)

### **Low Intensity; Low impact**

Using light weights, bands and balance activities for a full-body functional workout, this low-impact class will help rehabilitate the hip, knee and ankle joints. Suitable for all fitness levels.

## **Flow Yoga** (60 minutes)

### **Low Intensity; Low Impact**

Move slowly through yoga postures to promote healing, relaxation and flexibility. Includes both standing and sitting postures. Beginners welcome!

## **Gentle Cycle** (30 minutes)

### **Low Intensity; No Impact**

Enjoy a 30 minute indoor cycle that is easy on the joints, builds muscle and improves balance. Go at your own pace while enjoying this small group class. No experience needed!

## **Gentle-Fit** (60 minutes)

### **Low Intensity; Low Impact**

A low impact fitness class suitable for all ages and abilities focusing on improving flexibility, strength, endurance and coordination. Using light weights and chairs (as needed for balance), participants will be led through a variety of exercises to high energy music. No mat/floor work.

### **H.I.I.T & Core** - (60 minutes) - **NEW!**

#### **Moderate Intensity; Moderate Impact**

This class will leave you sweaty and energized! 30 minutes of cardio intervals mixed with bodyweight and strength training exercises will keep your heartrate high and challenge your muscular endurance. 20 minutes of targeted CORE training will follow to define your mid-section and build strength in your back, hips and lower limbs. Finish with a soothing stretch to alleviate tight muscles.

### **H.I.I.T & Yoga Fusion** (60 minutes)

#### **Moderate Intensity; Low Impact**

30 minutes of strength & cardio interval training to elevate your heartrate, burn fat and build muscle followed by a 30 minute yoga and meditation series to improve your balance and flexibility while relaxing your mind and re-booting your spirit. Beginners welcome!

### **Mix-Fit** (60 minutes)

#### **Moderate Intensity; Moderate Impact**

A power-mix of cardio and strength training that will get your blood pumping and muscles working. A variety of cardio exercises combined with strength training including: steps, TRX, bosu, bands and weights- never the same class twice! Suitable for all fitness levels; some mat work included- participants must be comfortable getting to and from floor.

### **Restorative Yin Yoga** (60 minutes)

#### **Low Intensity; No Impact**

A quiet yoga practice that uses predominately floor-based postures held for long periods of time. Focus is on stretching and rehabilitating the connective tissues in your body that tend to shorten with age. Suitable for all levels of fitness, props and modifications will be used allowing participants to work within their comfort zones.

### **Spin Express** (45 minutes)

#### **High Intensity; Low Impact**

Join this high intensity indoor cycle with intervals of hills and sprints for the ultimate fat burning workout in 30 minutes! Cool down with a 15 minute stretch to leave you feeling energized and limber!

### **Spin & Sculpt** (60 minutes)

#### **High Intensity; Low Impact**

30 minutes of cardio intervals on the indoor cycle to burn calories and improve cardiovascular health followed by upper body exercises using weights and bands to strengthen and tone.

### **Spin & Stretch** (60 minutes)

#### **Moderate Intensity; Low Impact**

30 minutes of cardio intervals on the indoor cycle followed by 30 minutes of dynamic stretches to help elongate your muscles, strengthen your core and limber up!

### **Spin & TRX** (75 minutes) – **NEW!**

#### **High Intensity; Moderate Impact**

Combine 30 minutes of calorie burning Spin with 30 minutes of TRX strength training and a limbering stretch session and you will feel exhilarated, toned and limber! Expect lots of sweat and lots of fun!

### **Spin & Yoga** (60 minutes)

#### **Moderate Intensity; Low Impact**

30 minutes of cardio spin to burn calories and make you sweat followed by 30 minutes of relaxing yoga poses to help elongate and stretch your muscles, strengthen your core and limber up!

## **Stretch & Roll** (60 minutes)

### **Low Intensity; Low Impact**

Improve your flexibility, soothe sore muscles and prevent injury in this self-care class designed to loosen tight muscles. Focusing on: glutes, hamstrings, chest, back, calves & quads. Using a foam roller your instructor will lead you through a series of exercises to help release muscular knots caused by muscle imbalance, over-use and injuries. Other stretching exercises will be incorporated to increase range of motion and mobility.

Beginners welcome- participants must be comfortable getting to and from the floor.

## **Stretch & Restore** (45 minutes) – **NEW!**

### **Low Intensity; Low Impact**

Gift your body a thorough stretch! This mat-based session aims to open those tight glutes, hips and hamstrings. Increase your range of motion, relieve tension and help your muscles recover from your workouts. End the class with deep relaxation for the ultimate body and mind re-boot.

## **Total Body Conditioning Express (TBC)** (45 minutes)

### **High Intensity; Moderate Impact**

Get stronger, lose body fat and build lean muscle through a variety of high intensity intervals including cardio drills and muscular endurance exercises. A variety of equipment may be used including TRX, dumbbells, bosu, and fitballs.

## **TRX Express** (45 minutes)

### **Moderate Intensity; Low Impact**

Tone and sculpt your entire body through a variety of TRX suspension training exercises combined with intervals of upper and lower body sculpting exercises using light weights and bands.

## **Yoga Express** (45 minutes)

### **Moderate Intensity; Low Impact**

Energize your body as you move through various yoga poses that will help open the body while strengthening the mind-body connection. Expect a variety of chest-opening postures, body twists and light stretching exercises to help release body tension.

## **Yogalates** (75 minutes)

### **Moderate Intensity; Low Impact**

Yoga and Pilates fused together into a total toning class that will work your Abs, waist, shoulders and arms while tightening your butt and thighs. Enjoy the gentle stretch of yoga and the core-building strength of pilates as you also benefit from the mental practice and breathing exercises for whole body health. No previous experience needed, beginners welcome!

## **Zumba Fitness** <sup>TM</sup> (60 minutes)

### **High Intensity; High Impact**

Party yourself into shape with high energy dance moves designed to tone in all the right places. You don't need to be coordinated or have rhythm... just a willingness to have fun and the desire to dance!

## **Zumba Gold** <sup>TM</sup> (45 minutes)

### **Low Intensity; Moderate Impact**

This modified Zumba class recreates Zumba moves at a lower intensity designed to meet the needs of older adults or those with physical and/or mental impairments that would benefit from a slower-paced class. No dance experience required, suitable for all fitness levels. Enjoy the zesty Latin music and move at your own pace!