

### MIND | BODY | SOUL

**Alignment Based Yoga:** We work to penetrate deeper into the yoga experience through intense focus and longer holds, paying close attention to the precise muscular and skeletal alignment this system demands. We use props such as belts, chairs, walls, blocks and blankets. Level 1-2

**Athletic Barre:** This is a fun, challenging strength workout that fuses techniques from ballet, Pilates, and yoga with intervals of power movement to sculpt a lean, strong, dancer-like physique. Level 2-3

**Back Stability:** A class designed to focus on stabilizing and strengthening the back, abdominal muscles, pelvis and hips ("core muscles"). It will strengthen the spine through functional training. Levels 1-3

**Bare Your Sole:** Our feet are the most abused and most overlooked area of our body. Explore basic stretching, self-myofascial release, massage and limbering movements. This is a bare foot class. Bring a towel and lotion. Level 1-3

**Barre:** Strengthen your core by utilizing ballet movements and intelligent isometric moves. Level 1-3

**Christian Yoga:** A class that offers a Christian yoga practice to connect to God through his word, worship and wellness. Set to Christian music, the practice includes scripture, meditation from the Bible and leader led prayer. The class emphasizes traditional yoga alignment for strength and flexibility; breath for relaxation and healing; and meditation for a Christ-honoring experience to connect to God through his word. Level 1-3

**Deep Stretch:** Improve joint flexibility and help re-lubricate joints through a quiet, meditative practice of deeply held postures. This is a perfect complement to your active, yang practice or athletic endeavors to give you greater flexibility and help prevent injuries. Mat class. Level 1-3

**Fusion Fit:** Pilates/Barre/Yoga all in one fabulous class. You will tone with weights and burn calories through barre. Sculpt & strengthen your core with Pilates. Finally, enjoy relaxing stretches to improve flexibility & relieve stress. Levels 1-3

**Gentle Yoga:** This is a restful, calming class that will include breath work, flowing movements, passive and supported poses. This class is suitable for all levels, great for beginners and those with limited mobility. Level 1-3

**Hatha 26:** This class moves through the series of 26 poses without variation. Level 1-3

**Hatha Yoga:** This class includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. Level 1-3

**Heated Yoga:** Yoga performed in warmer conditions.

**Mixed Level Yoga:** This Hatha style (a series of 26 poses) class is a blend of vinyasa, and yin yoga with meditation at the beginning and end of class. Focused on integration of movement, alignment, and breath, this class is available as both a Levels 1-3 class and Levels 2-3.

**Pilates:** Working from the core outward, you will progress from beginning to intermediate exercises, improving your strength, flexibility and the balance between the two in the process. Learn skills to achieve balance and flexibility while lengthening and strengthening through mat work developed by Joseph Pilates. Mat Class. Level 1-3

**Pilates Conditioning:** This is a multi-level core centered workout that is perfect for all levels. You will strengthen your core while improving flexibility and coordination. This class focuses on balance and strength endurance. Props, including weights, resistance bands, etc. may be incorporated. Level 1-3

**PiYo LIVE®:** a fusion of Yoga and Pilates with a twist. This is not your regular mind/body class! Challenging moves and contemporary pop music blend for a great workout unlike anything you may have experienced. Level 1-3

**Power Yoga:** This yoga class is a system of practice used to create balance on all the layers of self (physical, energetic, emotional and mental) using the three main threads of yoga practice: body, breath, and mind. The Asanas (poses), Vinyasas (flowing movements), Pranayama (breathing techniques), and turns on the mat, are creatively integrated while using all major ranges of mobility for arms, legs and spine. The primary goal of practice is not to target the body, but to target ones concentration, focus and attention; to turn it all inward, creating a serenely stable inner-atmosphere conducive for awareness and personal development. Levels 2-3

**Restorative Stretch:** Helps provide that physical and mental balance to prevent stress and anxiety, through the use of props that allow you to hold poses longer, giving you all the benefits of deep, passive stretching. Level 1-3

**Silver Sneakers Yoga®:** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

**Slow Flow Yoga, Meditation:** Take it slow with this gentle, but deep approach to Vinyasa yoga. The later part of class includes a guided meditation for the ultimate yoga experience. Level 1-3

**Tai Chi:** The graceful, slow speed of Tai Chi, coupled with an emphasis on deep breathing and mental focus, creates balance, flexibility and calmness, which relieves stress and allows for the integration of your mind and body. Level 1-3

**Yin Yoga:** goes beyond stretching the superficial tissues of your muscles and skin. It involves longer passive holds that get deeper into the connective tissues and the joints and aids in releasing and relaxing them. Poses are held 2-5 minutes to achieve desired results. Level 1-3

**Yo Chi:** This class is based on the Yang style (a series of 24 forms) and is a gentle form of exercise that integrates the mind and body while cultivating internal energy. Yo Chi will promote and improve muscular strength, fitness and flexibility as well as improve confidence and balance. Level 1-3

**Yoga for Athletes:** If you are a runner, cyclist, weight lifter, or active person of any kind, discover how yoga will help you develop increased flexibility and mobility, and add strength at your full range of motion. This class uses asana (yoga poses) to build aerobic capacity, strength, endurance and mental focus and is designed to enhance your performance as an athlete or active individual. Level 2-3

**Yoga:** This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. As a participant you will gain strength, flexibility, balance, and toning by using yoga poses to target all muscle groups and joints. Levels 1-3

**YoPi Fusion:** This class is a Yoga and Pilates infused class. We have a core focus and incorporate gentle stretching throughout. Mat class. Level 1-3

## STRENGTH

**Ab Lab:** If you want firmer abs and a stronger back, this is the class for you! This hardcore abdominal workout will focus on toning and defining the abs and strengthen the back. Improve your core strength, flexibility and posture. Levels 1-3

**Athletic Conditioning:** A TOTAL BODY workout combining elements of explosive cardio, strength, speed, balance, agility, core conditioning, and FUN!! Classes vary each week using different count combinations, equipment, and techniques. Different ability levels work within goal ranges according to each timed segment. Tiered options and modifications provided! Levels 1-3

**Barbell Blast:** Resistance training using barbells combined with a few blasts of cardio. Enjoy a full-body workout that isolates each muscle group to the beat of the music. Levels 1-3

**Boot Camp:** A high intensity strength, endurance and fitness training through a variety of intervals/drills. Levels 1-3

**Bosu Circuit:** This is a circuit training class utilizing a Bosu ball, in combination with various equipment. Levels 1-3

**Custom Cuts:** Designed not only to boost your caloric expenditure but to redefine, reshape and strengthen your body using weights and body weight exercises. May include short cardio "sprints" to increase overall endurance. Levels 1-3

**Functional Fitness:** The perfect combination of functional movements with suspension training and strength training that will sculpt muscles and burn body fat. Levels 1-3

**HIIT:** High Intensity Interval Training is an exciting workout that offers aerobic, anaerobic, muscular endurance, and fat burning exercises that will push you to your limits. The HIIT routine alternates between intense bursts of activity and periods of low to moderate exercise. Levels 2-3

**HIRT:** High Intensity Resistance Training, alternates core strength, weight training, and cardio bursts for a high intensity workout. By executing several exercises together and not letting your heart rate drop, you will increase your basal metabolic rate and burn tons of calories! Levels 2-3

**Insanity®:** These high impact exercises are straightforward and athletic, requiring no equipment and you'll recognize many of them, such as jumping jacks, burpees and suicides. There are unique moves as well - Side burpees, combination pushups with jumping jacks, frog jumps and more. These moves are high intensity, killer exercises with no equipment needed. 3 minutes of work to 30 seconds of rest. Levels 2-3

**Kettlebell Combo:** This class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements. Kettlebell training will build long lean muscles, improve strength and power in the upper body, core and lower body and increase coordination, joint mobility and overall endurance. Levels 1-3

**Muscle Blast:** Blast each major muscle group with this full body burning workout. This strength based class will include bodyweight, weighted and resistance training exercise. Levels 1-3

**POUND®:** A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses. Drum our way to a leaner, slimmer physique - all while rocking out to your favorite music! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Levels 1-3

**Run Club:** This class is led by a certified running coach. The running club meets weekly for a run outside or if inclement weather, on the indoor track. We provide a pacer so no one is left behind. All runners of all ages and abilities are welcome! The running club will be a great way to meet people, share fellowship and spend time outside to reach your fitness goals. Levels 1-3

**Step n' Sculpt:** Heart-pumping step aerobics routines combined with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels. Levels 1-3

**Step:** Move your way through several choreographed combinations that will increase your heart-rate and give you a great cardio workout. Levels 1-3

**Tabata Strength:** This workout is a form of high intensity interval training (HIIT) designed to get your heart rate up into the anaerobic zone for short periods of time. Each Tabata set includes 20 seconds of strength training followed by 10 seconds of rest, repeated for a total of 4 minutes. Weights may also be used. Levels 2-3

**TRX Conditioning:** Uses the TRX suspension training system to work every muscle in the body using your own body weight. This class will also utilize equipment to optimize your calorie burn. Levels 2-3

## **DANCE**

**CardioFunk:** A dance based fitness class that provides high energy cardio interval movements to fun and energetic music. Levels 1-3

**Dance2Fit®:** This dance-based cardio class is designed to get you moving to today's music. In this class you will sweat out your stress with fun, easy hip hop moves and use core fitness moves to strengthen, tone and sculpt your body- all while having lots of fun! No dance experience necessary! Levels 1-3

**Hip Hop Step:** A fun, energizing step workout featuring all your favorite Hip Hop and Pop songs. Hip Hop Step conditions muscles of the lower body and increases cardiovascular fitness and coordination. This class will make you want to get up and move! Levels 1-3

**Latin Dance:** This Latin and World rhythms dance-fitness class takes the "work" out of workout! Exercise in disguise, this fun and energetic class will make you feel amazing. Levels 1-3

**Line Dancing:** Is a fun and exciting way to dance your way to good health. This dance class will combine low, moderate and high energy line dance routine. Levels 1-3

**Mixed Fit®:** Is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full out, and our very best. Levels 1-3

**Strong by Zumba®:** Combines body weight, muscle conditioning, cardio and plyometric training moves, synched to original music that has been specifically designed to match every single move. Levels 1-3

**Zumba®:** Is a fusion of Latin, international and popular music/dance themes creating a dynamic, exciting and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Levels 1-3

**Zumba Gold®:** An innovative, fun, and exciting program. Zumba Gold was designed for the active older adult, the true beginner, and/or people who may be limited physically. Level 1

**Zumba Gold Toning®:** Combines targeted body sculpting exercises and high energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance. Level 1

**Zumba Step®:** Tone and strengthen legs and glutes with a gravity-defying blend of Zumba routines and step aerobics. Get maximum lower body results without losing the fitness-party fun! Levels 1-3

**Zumba Toning®:** Combines targeted body sculpting exercises and high energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance fitness party. Light hand weights and/or Zumba toning sticks are used. Levels 1-3

## ACTIVE OLDER ADULTS

**Chair Yoga:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Levels 1-3

**Fit Over 50:** A class designed uniquely for members over 50. This class will work on strength, flexibility and endurance. Levels 1-3

**Health Fitness For Seniors:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights are used for resistance. A chair is available if needed for seated or standing support. Levels 1-3

**Nia®:** A dynamic blend of dance arts, martial arts and healing arts which brings the body, mind and spirit to optimum health through great music, creative movement and self-expression. Levels 1-3

**Nia Basic Breakdown®:** This class dissects the movements of Nia to help you create a more impactful experience. Level 1

**Nia Moving 2 Heal®:** Nia Moving to Heal maintains all the joy & pleasure of classic Nia classes with a special emphasis on "feeling better" by emphasizing body awareness. Classes are designed for anyone seeking ways to feel better when dealing with stress, injury, long or short term illness or movement challenges. Levels 1-2

**SilverSneakers Cardio Fit®:** Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Classic and Circuit.

**SilverSneakers Circuit®:** Build cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic exercises. A chair is offered for standing support. Levels 1-3

**SilverSneakers Classic®:** Have fun and move to the music through a variety of exercises designed to increase your muscular strength, balance, range of motion, and improve your daily activity. Hand weights, bands, balls, and a chair are used for seated and standing support choreography. A chair is offered for support, stretching and relaxation exercises. Levels 1-3

**SilverSneakers Yoga®:** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. seated in a chair. Levels 1-3

**Sit to be Fit:** Using a chair, the class works with resistance bands and lights weights to give you a workout without being on your feet. Levels 1-3

**Tone & Stretch:** This low impact class will use light weights to sculpt muscles. The use of stretching techniques will help elongate muscles and increase flexibility. Levels 1-3

## CYCLE

**Cycle:** Come ready for a fun and intense workout. This class welcomes all fitness levels! This class can be modified for beginners and intensified for intermediate to advanced participants. It is your ride! Make the most of it! Levels 1-3

**Cycle Cross Training:** Strength conditioning followed by cycling. Each class combines various cycling drills that offer an exhilarating cardiovascular workout and strength conditioning that provides challenging and dynamic whole body muscle conditioning using body weight, dumbbells, exercise balls & body bars as resistance tools. Class could be held in one or more rooms. Levels 1-3

**Cycle Strength:** Start off this class on the spin bike and then be ready for anything in this fast paced and challenging class! This power packed workout may incorporate circuit training, Tabata drills, and HIIT (high intensity interval training) intervals. Use of resistance bands for strength training. Levels 1-3

**Cycle TRX:** Start this workout on the bike and then get ready for TRX conditioning. The TRX suspension training system is a cardio-intensive workout that incorporates plyometric drills with intervals of TRX power, resistance and core training. A great way to build muscles and burn calories. Levels 1-3

**Theme Ride:** Join the PARTY with changing theme rides that keep you guessing! This high energy, fun class utilizes heart-pumping music to motivate and inspire riders. Levels 1-3

## YOUTH FITNESS

**Kid Fit (6-10):** This program is designed to keep kids ages 6-10 moving with calisthenics, fitness games and body weight exercises for a fun, yet challenging class.

**Wee Fit (3-5):** A fitness class for children ages 3-5 years old. This class utilizes their gross motor skills and burns off some energy!

**Wee Yoga (3-5):** This program is designed to introduce your child to Yoga poses in a fun and interactive environment.

**Youth Boot Camp (6-10):** This program is designed to keep kids ages 6-10 moving with calisthenics, fitness games and body weight exercises in a fun, circuit training atmosphere.