

Group Fitness Class Descriptions: January 2021

Aerial Yoga: Is a type of airborne fitness that is practiced in a silk hammock suspended from the ceiling to support your body weight, as opposed to stretched out across a mat laying on the floor. Classes typically involve elements from yoga, pilates, dance, and more. **Please arrive early to get acquainted with your hammock. SPACE IS LIMITED.**

Barre: A totally unique workout that fuses Pilates, yoga, aerobics, and strengthening exercises. Enjoy a fun and dynamic workout to sculpt your body and give you those strong, long and beautiful muscles.

Cycle: Grab a bike and join the ride as you climb and sprint your way through freestyle cycle. This low impact, high energy workout will build strength, cardiovascular endurance, and burn calories. This class includes heart pumping music featuring changes of speed (RPM) and intensity (resistance) without the high level of joint impact. **ARRIVE 10 MINUTES EARLY IN ORDER TO SET UP YOUR BIKE. BRING A TOWEL AND WATER.**

Flow Yoga: Connects movement with the breath in a series of flowing yoga postures. Through awareness and intention, the flow of postures is used as a vehicle to enhance the mind/body/spirit connection. **60 or 75 minute classes.**

Group Blast: Is a great cardio alternative to walking, running or stair climbing because you do it all. Walk, jog, run, jump, plyometrics, balance drills, lateral drills, and quickness drills- all on and off the step- to exciting energetic music. With the many exercise options and the adjustability of the step, intensity is easily managed so anyone will feel successful.

Group Power: Combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.

HIIT (High Intensity Interval Training): This class is a mix of circuit training, bootcamp, and TABATA style classes. All classes are a combination of cardio, strength, and core exercises for a total body workout.

HIIT CYCLE: A great mix of cardio with exercises using body or free weights. This is a great High Intensity Interval Training workout that will challenge your whole body.

KIDS Dance Fit: A rockin', high-energy dance party packed with kid-friendly routines. **Ages 6-12. Free for members, \$5 for non-members.**

KIDS Outdoor Recess: A special class designed to get kids moving. From kickball, to soccer, to tag all the favorites are here! Get outside and get moving! **Ages 6-12. Free for members, \$5 for non-members.**

Light Dance: Creative choreography and toe tapping music are the keys to this low intensity workout.

LIIT: (Low Intensity Interval Training) Always wanted to try one of the HIIT or Circuit classes but thought it was a little too much? Too intense? Too much jumping/plyometrics? This class focuses on strength and cardio in a low impact format. A great introduction to circuit classes without the fear of being "burnt out for the rest of the week".

Pound: Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

R.I.P.E.D.: A total body workout that incorporates cardio, free weights, and your own body weight to get results. It's all in the name, Resistance, Intervals, Power, Plyometrics, Endurance, & Diet.

Slow Flow Yoga: Helps you find the space between poses while still retaining the gentle rhythm of a flow yoga class. Slow Flow classes are a combination of Vinyasa Flow and Hatha yoga, with fewer transitions than Vinyasa yoga and more flow than Hatha yoga. All levels of Yoga practitioners can find their personal challenges, as they slowly and mindfully move through a series. Poses can be refined and strengthened, without feeling rushed into the next move, next breath, or next pose. Slow flow allows a person to become familiar with his or her body, create a reflective pause, and create the time to go inward.

Tabata: One of the most effective types of interval training. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

TRX: Is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. **FOR ALL LEVELS.**

Yin Yoga: Invites you to slow down and create space for stillness while nourishing joints, ligaments, tendons and fascia. This class is a meditative, slow yet challenging practice with long held postures. The result is more flexible joints and a greater sense of balance, peace, and calm. Props make the practice accessible to people of all abilities. This is an all levels class, appropriate for beginners and those new to yoga.

Yoga: In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. **FOR ALL LEVELS.**

Yoga & Meditation: Cultivate mind-body integration. Class begins in seated, guided meditation. Transition directly to a 1 hour alignment based yoga asana practice.

Zumba: A Latin and hip hop inspired choreographed dance class for a non-stop, calorie burning, high energy dance workout.

Zumba Toning: Take the Zumba party to another level by the addition of light toning sticks. This class combines the energy and rhythms of a traditional Zumba class with strength training and sculpting for a full-body workout. All levels welcome! The use of the toning sticks is always optional.