

GROUP EXERCISE CLASS DESCRIPTIONS

BASICS OF BOXING**

This class teaches the fine art of boxing. It covers proper stance, footwork, how to throw punches correctly (jabs, hooks, and uppercuts), defense, and head movement. This small group personal training class will promote weight loss, upper and lower body toning, increased cardio and strength.

BOOT CAMP

Boot Camp is a high-intensity, motivational style fitness class. With the instructor acting in a "drill-sergeant" capacity, the group will go through an intense combination of cardio, strength and balance exercises. Not usually recommended for novice exercisers because of its intensity, boot camp is a rewarding fitness experience for those looking for challenge and excitement.

BOSU CardioFIT*

Love step and ready to take the next challenge? This specialty group exercise class offers a cardio workout utilizing the BOSU ball, which consists of a rigid side and a half ball (unstable) side. This combination of stable/unstable allows a wide range of users, from the young, elderly, or injured to the elite level athlete. Along with increased cardiovascular endurance this bosu class is great for increasing overall body toning, balance, and core strength.

Indoor CYCLING

Studio Cycling is an indoor cycling class that packs an intense cardiovascular workout. Set to pulsating music, cycling classes are led by an instructor who coaches students through cycling adventures up steep hills, over flat roads, and flying downhill. Tuesday and Thursday at 6am are advanced classes where you will be pushed harder and are geared towards triathlon training.

GLIDE*

Glide uses disks placed over your shoes that allow you to slide on the wood floor. Gliding incorporates strength, flexibility, balance, core work, and cardio all in one workout!

HATHA YOGA

This class uses flowing sequences and static asana (postures) to improve your balance, flexibility, strength, and bone density. Emphasis on breath-work hones your concentration while increasing your sense of well-being. This rejuvenating, non-competitive practice is for non-experienced to experienced members.

MEDITATION/YOGA

This express class begins with very light yoga and flows into exploring meditation and breath work. This is a great way to experience the health benefits of meditation including stress relief and low blood pressure. Meditation can prelude any other group exercise class.

PILATES FUNDAMENTALS

Strict focus on form and appropriate breathing techniques while performing fundamental Pilates exercises.

PILATES STRENGTH

Pilates emphasize the balance development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. Core strength is the foundation of Pilates exercise. When the core muscles are strong and doing their job, as they are trained to do in Pilates, they work in tandem with the more superficial muscles of the trunk to support the spine and movement. Exercises are performed on a mat.

POWER YOGA

This is a vigorous, athletic style of practice. Based on the Ashtanga series of postures as taught by Yoga Master Sri K. Pattahbi Jois, breath and movement intertwine as you are lead through a challenging series of poses that will build strength, flexibility, and stamina.

TARGET WORKOUT-CORE

Core muscles--the abdomen, chest and back—are responsible for stabilizing the rest of the body. Having a solid core creates a foundation for all activities, and is especially important when you add a heavy load, such as weights to your workout. The instructor will lead participants through core exercises that create balance between the muscles of the abdominal and the back.

TOTAL BODY WORKOUT

You'll work the major muscle groups of your upper body and lower body during this total body workout—plus enjoy abdominal work stabilize and strengthen the core muscle group. The instructor will lead the class in a variety of cardio and strength exercises using resistance equipment, body weight, stability balls, free weights and more to keep participants engaged and challenged.

VINSAYA YOGA

This Hatha-based class incorporates breath-work, slow flow sequences and static asanas (poses) to help improve balance, flexibility, bone density, and concentration. Join us for a rejuvenating, non-competitive practice that invites you to come as you are (with or without previous yoga experience) and prepare to reap the numerous benefits of this gentle class.

ZEN SPIN

This is a yoga hybrid combination of intense cardio utilizing in-door cycling and the strength and flexibility elements of Yoga.

* = Paid Group Exercise Class

** = Paid Small Group Personal Training