



## **Group X Class Descriptions**

### **AQUA FITNESS:**

An exciting alternative to dry land classes providing a great cardiovascular workout that is soft on the joints. Classes can be modified to meet all abilities and fitness levels. Participants improve agility, flexibility, range of motion and circulation.

### **BALANCE & STRENGTH:**

Designed to help you maintain your balance and confidence at any age! This is a low impact class and moderately paced, designed for active mature adults and deconditioned individuals.

### **BASIC YOGA FLOW:**

Learn basic yoga poses and proper alignment, using a slow flow focusing on the breath. This yoga practice will help improve your balance, strength and flexibility.

### **BODYCOMBAT™:**

An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

### **BODYBALANCE®:**

A yoga-based class where you will bend and stretch through a series of simple yoga moves while also embracing elements of Tai Chi and Pilates. Breath control is a part of all of the exercises and instructors will always provide options for those just getting started.

### **BODYPUMP™:**

This is a class for anyone looking to get lean, toned and fit—fast! Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout in an hour!

### **BOXING BASICS**

In this beginner friendly class, the focus is on fundamentals of boxing. You will learn how to punch and refine your skills with proper form and technique. There is emphasis on footwork, and practice drills that simulate what it's like to be in the ring.

### **CLASSIC BARRE:**

Get tight and toned with a fresh approach to classic ballet barre exercises. A certified Barre instructor will lead you through circuits on the barre that target the legs and glutes, light hand weights for upper body strengthening, and additional core work.

### **CYCLE:**

An indoor cycling class set to motivating music using a spin bike, allowing you to modify the intensity of your workout. Climb hills, build strength and endurance and sprint yourself to a stronger and fitter you!

### **FULL-BODY BLITZ:**

This circuit-style, interval training class is designed to raise heart rates, tone muscles, and have fun! Mix it up with bodyweight and light weight exercises. Go at your own pace or to the beat of the music. Plenty of modifications are offered!

### **FUN RUN CLUB!**

Coach Mike will lead you on an outdoor run rain or shine! Expect to run 3-6 miles starting and ending at the club.. all runners are welcome and modifications are available!

### **GENTLE YOGA:**

A gently-paced and restorative class that focuses on breathing, posture, flexibility, strength and balance.

### **HIIT BLAST:**

An advanced high intensity interval training based workout. Use every muscle in your body while challenging yourself through timed drills using-body weight, plyometrics, and athletic movements!

#### KICKBOXING:

Trying to find a new workout? This class will teach you basic kickboxing techniques and skills—including leg work, core, and shadow boxing along with bag work.

#### IYENGAR YOGA:

A form of Hatha Yoga that places an emphasis on precision and alignment in the performance of posture (asana) and breath control (pranayama). Develop strength, mobility and stability through the asanas with the help of props like belts, blocks and blankets.

#### MAX CARDIO:

Come join us in this fast-paced class incorporating drills and speed work for an intense cardio and endurance workout! You'll burn fat, strengthen your core, and get a killer full body workout.

#### QIGONG YOGA:

Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong exercise, combined with yoga movements can attain deep focus and a relaxed state.

#### RESTORATIVE YOGA:

Enjoy resting yoga poses with the full support of a trained yoga instructor. In this format of yoga, each pose is held for a longer period of time, allowing the body to open up and relax.

#### SCULPT CARDIO:

A challenging total body workout combining strength, cardiovascular, and High Intensity Interval Training (HIIT) circuits using light weights and heavy repetitions.

#### TAI CHI:

Reduce stress while improving your balance and coordination with this Chinese martial art. Often described as meditation in motion, tai chi promotes serenity through gentle flowing movement.

#### TRX CIRCUIT:

Designed in stations, this class is a blend of suspension training involving core stabilization and reactive stability exercises for a full-body workout- led by a TRX certified trainer in a smaller group setting.

#### YOGA:

Our instructors will lead you through a series of yoga poses as you strengthen and lengthen your muscles. With a focus on breath, you'll feel relaxed and calm while you inhale and exhale through the movements.

#### YOGA + PILATES:

Challenge your strength and balance with a Vinyasa-style yoga flow, then enjoy the benefits of Mat Pilates, adding flexibility and core training to your workout.

#### YOGA THERAPY:

Hold yoga poses in a special sequence and with the help of props to target back, neck, and shoulder pain among other common problem areas.

#### ZUMBA TONING:

Perfect for those who want to "party" while toning and sculpting their muscles. The challenge of adding resistance by using toning sticks or light hand weights helps you focus on specific muscle groups so that you and your muscles stay engaged!

#### ZUMBA:

A total-body workout disguised as dance fitness. This aerobic fitness program features movements inspired by various styles of Latin American dance and is performed primarily to Latin American dance music.