

GROUP EXERCISE STUDIO CLASS DESCRIPTIONS

Back Clinic is a rehabilitative approach to optimize the regional dependence and inter-linking of the skeleton, joints and musculature through proper movement patterns. The class features therapeutic isometric, concentric and range of motion exercises based on the scientific principles of developmental kinesiology. Open to all levels.

Boot Camp incorporates cardio and strength training exercises all at your own pace. Cardio work combining plyometrics, Hi-Lo, intervals, and more in a drill style format along with focused strength work, targeting the whole body, will help improve your strength and stamina. Suitable for all fitness levels.

Cardio Dance fuses musical rhythms and choreographed dance moves together to create a dynamic workout that is designed for fun (and a good workout!) in mind. Moving to the music allows your mind to relax while your body is in constant motion. The best part? No prior dance experience is required. Classes offer easy-to-learn moves that anyone can pick up!

Core & Restore Pilates/Yoga class focuses on restoring and maintaining your physical body through yoga postures, balance, and core strength. Expect opportunities to grow in strength, flexibility, and agility. This is an all levels class so options for modification will be provided based on the challenge level needed by each member

Cycle classes are high-energy workouts led by motivating instructors with great music to keep your feet pedaling. Cycling is easily adaptable for all fitness levels where you control the tension on your bike.

Dynamic Strength & Conditioning is a class to meet all your fitness needs! This class is a fusion of full body strength, dynamic cardio, and core conditioning all based on sound, multi-planar, functional movement. There will be a proper warm-up and cool down, a variety of equipment used, and a happy face to coach you through.

Fit for Life offers a complete and varied workout for all ages and is suitable for those starting or returning to an exercise program. Dance, strength training, balance, core work, Pilates and Yoga are all included in this 90-minute class.

GET PUMPED is for all levels and all types who want to sweat and feel their muscles burn! Additionally, mobility and strength-based exercises will tighten, tone, lengthen, and sculpt your muscles! GET PUMPED stations follow unique formulas that are smart, fun, and ever-evolving.

Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF.

Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will push you to a personal best! POWER UP!

Guided Meditation and gratitude healing for the whole body creates a dialogue of health and healing. Every cell responds to every thought, emotion, and word. Everyone is welcome!

INTERMEDIATE Step challenges you with an intense cardio workout utilizing a step platform. Motivating music pairs with interesting choreography to get you energized.

Interval Training uses the fundamentals of cardiovascular interval training to get you an hour workout in 30 minutes. Exercises are high intensity; modifications will be given as needed.

Line Dancing is FUN, easy to learn and a great way to get moving! Line Dancing improves stamina, muscle tone and coordination and is a great stress buster and energy booster. Good for posture, strength, and mobility.

Trying a new class? Arrive 5 minutes early to set-up and meet the instructor!

Melt will help erase pain and tension in your hands, feet, neck, and your entire body brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. This class will integrate MELT length, strength and core elements. MELT soft foam rollers and MELT balls will be used in class (equipment is provided).

Mostly Jazz is an advanced dance class that keeps you dancing for 90 minutes and feeling like you're ready for Broadway! This high-energy jazz dance class features complex, choreographed dance routines.

Pilates mat classes improve strength, flexibility, coordination, alignment and balance. Participants work on building core strength and enhancing the mind/body connection. Great for strengthening the abdominals and lower back, Pilates classes vary in intensity and complexity.

- **Pilates Core & Align** takes the discipline, core strength, and spinal alignment of Pilates and blends it with the focus and body awareness of yoga. These modalities together offer a great way to support back health and joints as well as stress relief and body maintenance to support daily life.

Strength and Stability (formerly Bones & Balance) offers a combination of interval and cardio training plus Bones & Balance exercises primarily for active older adults. The class focuses on form and functional strength training including squats, lunges, stepping on and off a step platform, and work with bands and light dumbbells. Balance work is designed to build bone strength and reduce the risk of falls by improving strength, posture, overall balance, and flexibility.

Total Fitness starts your day with a complete strength training workout using barbells, dumbbells and bands. Members new to strength training can safely begin with this instructor-designed class. Great for people new to lifting weights.

Yoga is a 5,000-year-old practice emphasizing the connection between the mind, body, and breath. A yoga class develops strength, balance, stamina and flexibility while focusing on mindful movement and awareness of breathing.

- **Gentle Yoga** is designed for the beginning Yoga student, those recovering from injury or illness, pregnant women and anyone seeking a relaxing, strengthening and inspiring practice. It is slow and modified to your own best interests and limitations.
- **Power Yoga-Pilates** combines the stretch, focus and balance of a yoga practice with the stability that comes from Pilates exercises. This class has a yoga pace and feel while incorporating Pilates exercises to develop shoulder, core and pelvic stability. Standing poses and balances will add strength and recruit the deep muscles we develop in Pilates movements.
- **Simply Stretch Yoga** This all levels/ all bodies class is designed specifically for those interested in a gentle practice. Combining gentle yoga poses, breath work, with attention to alignment and safety. Mindful strengthening and stretching to increase flexibility and range of motion.
- **Therapeutic Yoga** is a carefully designed combination of Gentle Yoga, awareness exercises, restorative yoga poses (supported postures), and breath work. Excellent for beginners or those with injuries.
- **Vinyasa Flow Yoga** (translates to "flowing with breath") is a dynamic style of Hatha yoga which joins physical postures, or asanas, with inhales and exhales, creating a steady internal rhythm for the practice. Class includes creative sequences and a strong focus on the power of breath awareness. Suitable for all levels.
- **Yoga/Pilates** integrates a varied selection of therapeutic yoga postures, aerobic breathing exercises, and relaxation techniques for the first 45 minutes. The class ends with Pilates core-strengthening exercises. Modifications emphasized for all levels.

Zumba fuses energetic Latin rhythms with easy-to-follow dance steps to create a dynamic and exciting workout. Suitable for beginners as well as long-time Zumba enthusiasts, this class will keep your feet moving and your heart pumping!

Zumba Gold is perfect for the active older adult who is looking for a modified Zumba at a lower-intensity. This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination.



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