

## **GROUP EXERCISE CLASS DESCRIPTIONS—Studio Classes**

**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 & Glutes** will target the muscles from the shoulders to the hips. Focusing on building strength in the upper and lower body, empowering the trunk, abdominals, back muscles, and glutes for a strong center. You build strength, stability, and endurance in the muscles that support your core, improve balance, and assist in injury prevention. This class is suitable for all levels of fitness.

**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.

**Group Centergy®** is an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. REDEFINE YOUR SELF.

**Group Power®** is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. GET MUSCLE & MOVEMENT STRONG!

**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.

**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.

**Nia** provides the joy of dance and the relaxation and focus of yoga by fusing movements from dance, martial arts, and healing arts. The opportunity to work core, cardio, flexibility, and strength at the intensity level of your choice makes this an excellent class for beginners to experienced movers.

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

**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.

**Rhythm Ride:** Inspired by the beat, this energetic cycle class combines funky tunes, resistance, speed, and music-based intervals to leave you sweaty and pumped. Vibe along with motivational instruction and adaptable choreography to condition your body and strengthen the soul in our new “Rhythm Ride.”

**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.

**Tai Chi** is a gentle exercise technique that incorporate a series of bodily postures and movements in a slow and graceful manner, with each movement flowing, without pause, to the next. Tai Chi can be helpful in achieving a state of physical and mental relaxation while also strengthening the cardiovascular and immune systems.

**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. Postural and movement sequences practiced with focused awareness to foster strength, flexibility, balance, and range of motion. Adaptions offered for all abilities.

*Specific Yoga Formats:*

- **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.
- **Restorative Yoga** is a combination of restful, slow, sustained, gentle, modified and supported yoga postures, breath and body awareness exercises, and self-massage for pain and stress-relief. All levels welcome.
- **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.
- **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.

#### **WARRIOR Strength—Cardio Countdown 6-5-4-3-2-1!**

CARDIO COUNTDOWN is functional training that follows a consistent formula that makes time fly. With an emphasis on cardiovascular conditioning, this class is all about maximal caloric expenditure in a short amount of time.

**WARRIOR Strength—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.

**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.

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

