

GROUP EXERCISE CLASS DESCRIPTIONS—Studio Classes



Ballroom Dancing is a paid, specialty dance class series available select times throughout the year. Beginning and Intermediate levels are offered and taught by Barbara.

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!

Cardio Kickboxing is a total body workout utilizing Mixed Martial Arts, boxing, and high intensity interval training. This 60-minute class begins with a self-paced form and technique section, getting you ready for 45 minutes of music driven combinations and conditioning drills. All levels welcome!

Cardio & Strength Interval Training focuses on cardio, strength training, balance, and flexibility all in 45 minutes! This class will challenge you to keep moving and encourage the body to create change. Work at your own pace and intensity. All levels welcome!

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.

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.

Foam Roll & Recover is a form of self-massage that involves the use of a foam roller to relieve muscle tension, increase blood flow, and promote healing of injured or sore muscles. Foam rolling, also commonly referred to as self-myofascial release, has been used for decades by athletes and trainers to promote healing for injuries and relieve the tension caused by knots in the muscles. By targeting these trigger points, you can increase your range of motion and flexibility, alleviate soreness, and reduce muscle fatigue throughout the body.

Functional Strength Interval Training focuses on core stability, foundational strength training, power, and endurance utilizing dumbbells, plates, or the barbell...all in 45 minutes! Work at your own pace and intensity. All levels welcome!

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!

Healthy Back, Hips, & Core will help assess and identify your breathing, movement, and habits that contribute to postural imbalances, core weakness, and stress. Learn how to properly activate, stretch, and release the core and surrounding muscles of the shoulders, hips and back. Discover new patterns of movement to support, align, and balance your whole body. Improve core awareness, connection, posture, and function in daily activities while enhancing mobility and quality of life. Suitable for everyone.

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.

- **Intermediate Line Dancing** challenges you with advanced dance steps and routines.

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.

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.

Pound is an 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. Suitable for all levels of fitness!

Power Pilates offers concentrated mat exercises and rhythmic breathing to strengthen and tone the body with a strong emphasis on the core. For the person who likes variety and challenge, this class moves at a brisk pace and includes traditional and more advanced exercises, as well as the use of occasional props. This class will leave you with improved posture, increased lung capacity, sculpted muscles, greater flexibility, and relaxation.

Rhythm & Flow Dance is a joyful blend of rhythm & flow from a variety of dance and meditative movement forms. Feel energized and relaxed with movements tailored to meet your needs. Black-belt trained in the Nia technique, and teaching for 22+ years, Leela brings a background in Nia, movement meditation, and healing. All fitness levels welcome.

Strength and Stability 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.

Strength, Movement, & Mobility is a class designed to work on asymmetrically inclined habits our bodies create; to address any deficiencies of improper body mechanics, focusing on proper alignment and posture, coordination, and balance. This class is suitable for all levels of fitness.

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 and seasoned weight.

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. Options offered for all abilities.

Specific Yoga Formats:

- **Chair Yoga:** Find your center and get grounded in body and mind in this gentle class. Chair yoga is practiced either sitting or using chairs for support in various postures. The class is designed to mindfully increase range of motion while meeting you where you are.
- **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.
- **Mindful Yoga** incorporates yoga postures, movement, breath work, guided meditation and relaxation. This practice increases awareness of our body/mind, while allowing a therapeutic process to happen bringing healing and wellbeing.
- **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.
- **Yoga/Pilates Fusion** 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.

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!

