

GROUP EXERCISE CLASS DESCRIPTIONS – Updated January 2019

Adult Ballet: Receive all of the toning and flexibility benefits of Ballet! In this all-levels class, you'll start with movements at the Barre followed by floor work. Leave feeling a greater sense of self-awareness and improved posture.

Barre Sculpt: This low impact class will use ballet inspired movements for a full-body workout. The emphasis will be on sculpting and toning and finish with a good stretch.

Be Strong: This strength training class is based around athletic and functional movements to utilize the entire body, the way it's designed to move. You'll have the opportunity to push beyond your comfort zone to see and feel the benefits of moving heavy things whether that's your own body weight or dumbbells. When your body is strong, your mind is strong and you'll be ready to meet the day head on!

Forever Young: Designed to inspire a lifestyle of health, wellness and fun. The class provides an opportunity to get physically fit and make friends along the way. Forever Young is a low impact, upbeat class geared to beginning exercisers and/or those who don't move as quickly as they use to. Each session includes cardiovascular, balance, flexibility, and core strength activities.

Functional Circuit: Reaching, bending, sitting, standing, climbing, etc. These are all functional movements that we do every day and the best way to maintain our ability to 'function' is to mimic those movements when we exercise. Every class starts with a dynamic warm up for all joints and muscle groups and then transitions into the circuit. Each circuit works to challenge the whole body, not just muscles but also balance and coordination.

Gentle Iyengar Yoga: Everybody can access the benefits of yoga regardless of age or mobility. This is a yoga class where getting down on the floor is optional. If you prefer, you can do most of the class with a chair. This class is great for beginners, those in rehab, seated office workers, and seniors. You will love the results: improved balance, posture, greater flexibility and strength and reduced stress.

Indoor Cycling: Cycling is a group exercise class that utilizes stationary bikes to give the rider a more realistic feel of an outdoor bike ride. Since each rider is in control of the intensity level of his/her particular bike, the participant can customize their ride to fit their individual needs and fitness level. It brings the element of athletic training to people of all fitness levels and is NOT just a "hard-core" fitness program for the elite athletes. Instead, this effective, high-energy group exercise class integrates music, camaraderie and visualization in a complete mind/body exercise routine. Our cycling classes offer bikes with dual pedals for both athletic shoes and SPD-compatible shoes.

Integrated Strength: A comprehensive strength training class with a focus on the integration of the *spirit, mind and body*. It's an excellent class for the beginner but also the advanced individual by using a variety of modifications and options. Susan creates a sense of community and group support through this dynamic strength training class.

Iyengar Yoga: Taught in the classical Iyengar Yoga method, emphasizing correct body alignment and awareness, students practice an array of standing and seated poses, as well as inversions. Classes begin with quiet centering, build in intensity with standing poses, and end with deep relaxation. Class levels are Gentle, Foundations, and All-levels.

Iyengar Yoga-Restorative: A restorative yoga sequence typically involves only five or six poses, supported by props that allow you to completely relax and rest. Held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle backbends. Most restorative practices are based on the teachings of B.K.S. Iyengar.

Kripalu Yoga: Yoga postures, when applied consciously, encourage concentration, inner stillness, perseverance, patience, self-acceptance, objective self-observation and sense of humor. All of these benefit the mind and overall health. Yoga is described as the "doorway" to our inner world.

Low Key T'ai Chi: This class is geared towards those who want a low impact form of T'ai Chi (or exercise) and would still like to stand for balance and weight bearing purposes. We learn a modified but more advanced form than in the Seated T'ai Chi class.

Mobility: This is a movement based class designed to restore soft tissue and flexibility in your muscles and joints. Many injuries can be prevented by addressing tissue needs that realign, lengthen, and restructure the body for better mobilization. This is a class for all ability levels.

Move Better with Myofascial Release: Our muscles, tendons, and bones are wrapped in fascia. Fascia is that shiny sheath, band or sheet of connective tissue, primarily collagen, beneath the skin that attaches, stabilizes, encloses, and separates muscles and other internal organs. Fascial restrictions can cause pain and dysfunction. Learn how to alleviate pain, restore flexibility and improve function by releasing fascial restrictions using Myofascial Release.

Pilates: This multi-level class blends essential and intermediate exercises of mat Pilates repertoire with correct progression allowing for a great workout while fostering basic principles and fundamentals of mat Pilates format.

PiYo Live: You'll stretch and strengthen every muscle with moves inspired by the best of Pilates and yoga. It's low-impact but high-intensity and when you're done, you'll feel that exhilarating glow that comes with doing something great for your body. Enjoy the fluid low-impact sequences that challenge you without putting stress on your joints.

Qi Gong: Qi Gong has been practiced in China for thousands of years, and is often called "Chinese Yoga." "Qi" means vital energy and "Gong" means to work or cultivate. The exercises integrate mind/body/spirit, and consist of both dynamic, moving forms and quiet, still meditations. All movements are done with an awareness of relaxation and tranquility. Qi Gong is effective for reducing stress, enhancing energy, and movement of Qi in the organs and meridians. It can be practiced by people of all ages and abilities.

Seated T'ai Chi: This class is designed for those who desire to study the art of T'ai Chi but are unable to stand for any length of time. Participants will learn modifications to T'ai Chi in an upright seated position. T'ai Chi has been documented as enhancing coordination, flexibility and the respiratory system.

Shake & Shape: It's a music driven combination of dance exercise, weight training, toning, and core. The music will propel you through the quickest hour of your day!

Step & Sculpt: This class is comprised of primarily classic Step aerobics choreography to improve cardiovascular fitness with the addition of strength training and stretching toward the last 15 minutes of class. This is a multi-level class focusing on the basics of good form and technique with the ability to modify it to your own fitness level.

STRONG by Zumba®: Strong (by Zumba) combines High Intensity Interval Training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your plateaus to achieve overall body transformation.

Tabata: Tabata is essentially the interval format in which any type of exercise is done and is comprised of 20 seconds of high intensity with 10 seconds of recovery. It's also a form of HIIT (high intensity interval training) which has shown to be an excellent way to increase fitness without unnecessary stress on the body and joints.

The willPower Method®: An equipment-free, full-body workout that strengthens and tones your entire body from the ground up. Combining barefoot, functional cardiovascular training with flexibility and endurance, this fusion format includes a sports-psychology element; encouraging the development of "willPower: strength of mind".

Yang Style Tai Chi: Yang Style Tai Chi is one of many forms seen in parks in China and Chinatowns in the US. The effortless and ease of movement is achieved through organizing the 640 muscles in your body so it's a whole body movement of your skeletal structure through space. In life, how much energy are you using to effort, strive, and struggle to create a life you desire? What if increasing your awareness of how to move physically with ease actually gives you more mental, emotional, and physical energy? This standing form can be modified for seated. Drop ins are welcome...to just learn that day's form and Tai Chi principle

Zumba®: This dance fitness class is all about the music. By using basic steps (and a whole lot of hips!), anyone can join! Whether you are a novice dancer or a professional, you will have a blast and forget you're working out. Join in on the latest fitness craze!

Zumba Gold®: Zumba Gold takes the Zumba formula and modifies the moves and pacing for a more moderate workout that focuses on form, core work and some toning. It is great for beginners, 55+ and anyone who wants to stay active without the high intensity and impact of regular Zumba. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and other world music. It's a dance-fitness class that feels friendly, and most of all, fun!