

## Class descriptions (as of 1/1/19)

513.489.9700

**Club Barre** – We are excited to bring barre classes to the club! In class you will be using the barre and additional props to complete a full-body, Pilates-based, non-impact workout. Designed to fully fatigue the muscle groups of the lower body and also target the abdominals and lower back you will also spend time on your upper body for overall balance. Focusing on posture, proper alignment, muscle engagement and breath will be the key to success in staying connected to the movements. All levels.

**Yoga Stretch** - This class includes a flow of Yoga poses and stretches with smooth transitions guided by the flow of inhales and exhales. Each class may include many variations of stretches to become more efficient in your cardio and strength workouts. All levels

**Class Chisel** – This class is designed to sculpt, tone and strengthen your entire body! A one hour class including strength, balance, flexibility, muscular endurance with a variety of equipment! Super sets will help you CHISEL your way to meet your fitness goals! All levels

**Triple Threat** - Strength, cardio and abs... need we say more? All levels

**Circuit Class** - A 45 minute workout based on a number of stations around the room targeting both upper and lower body (Ex: your arms get a break during squats and legs get a break during bicep curls). All levels

**Step w Weights (Step w Wts.)** - A total body workout using steps, dumbbells, resistance bands and more! This class will help with cardio fitness and building muscle endurance. Get ready to sweat in this 60 minute class! Intermediate to advanced levels

**Yoga** - Practice in a flowing presentation of poses shown with modifications to accommodate any level. Focus on breathing techniques, balance, flexibility and strength to improve overall fitness and health. (Friday's class at 10:10 am is Gentle/Restorative Yoga.) All Levels.

**Intense45** - Need to focus on your core and cardio? Then this class is for you! Focus on your abs, lower back and intervals of cardio in this 45 minute class including some boot camp style exercises. All levels

**Tabata** – You will be challenged with this Japanese-influenced workout using the 20/10 theory of workout format. (20 seconds of high intensity followed by 10 seconds of rest). This class meets every Thursday at 6 am and every Saturday at 8:30 am. Prepare to sweat! Intermediate to advanced levels

**Movers & Shakers** – Join Lisa every Tuesday morning at 6 am for a dynamic and fun class using various props available. Class includes step, weight training and ab work! The early bird gets the worm!! Intermediate to advanced levels.

**Spinning** – An indoor cycling class designed to quickly improve your fitness level and deliver results. Class will include various drills including hills, sprints, Tabata intervals and more!) Water bottle and towel highly recommended. All levels welcome.

**Child Care Available:** Monday through Friday 9 am to 5 pm / Saturdays 9 am – 1:30 pm.

Group Fitness Director: Deia Elam, ACE Certified, Yoga Fit Certified, Spin Certified