

GROUP FITNESS CLASS DESCRIPTIONS

FIT TO HIT - Fit to Hit is a full body workout that incorporates conditioning, agility training, and strength exercises to prepare your body for tennis or pickleball. All racquet sports require rotational strength, lateral movement, shoulder stability and quick footwork. This workout will enhance all aspects of movement, flexibility and balance using body weight, hand weights, resistance bands, medicine balls, static stretching and other equipment in the aerobics studio. All participants welcome.....starting tennis or pickleball? This class is for you too!

BODY FUSION - This approach to working out your body combines various disciplines of movement and exercises. Body Fusion blends cardiovascular movement during the first half of class followed by resistance and strength training to create a challenging and dynamic workout. All participants welcome.

TABATA - A high intensity interval training that consists of sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. Intermediate to advanced participants.

INTERVALS - Easy to follow cardio, strength and core intervals designed to blast calories! All fitness levels are welcome. Modifications will be shown to allow you to take it up or down a notch. Be ready to sweat! Beginners to advanced participants.

TRIPLE CHALLENGE - Class will include cardio, weight training and core/abdominal exercises. Three disciplines in 1 workout. All participants welcome better. All participants

POWER 30 - A full body workout in 30 minutes! Weight training intervals to motivation music. All participants Welcome.

SPIN - An indoor cycling workout on a fixed gear bike —your legs are constantly moving to the beat. Apply and take off resistance on the fly wheel to climb hills and sprints on flat roads. Water bottle and towel recommended. All participants welcome.

BARRE - Influenced by Pilates and Ballet, this class will target problem areas using the Barre method of repetition in muscle specific movement. The use of a ballet bar in addition to light weights, resistance bands and tubing, Pilates balls and your mat will be used to strengthen and lengthen the whole body. All participants welcome.

TABATA BARRE - Intervals of 20 seconds of Barre influenced exercises combined with 10 seconds of rest make Tabata Barre an innovative class format blending 2 class formats into 1 class. All participants welcome.

BARRE-LATTES - A fusion of Pilates and Barre exercises choreographed to keep you moving for the entire class. You'll gain strength, definition, flexibility and balance. All participants welcome.

YOGA - All participants are welcome to learn the fundamentals of Yoga practice, breathing techniques, safe alignment and overall well-being. Whether you are a beginner or and experienced Yogi, you will continue to learn and grow your practice in this class.

POWER YOGA - Based on traditional Vinyasa (power) Yoga, this practice will link breath with movement at a faster pace including Sun Salutations, balancing techniques, strength and flexibility poses and seated postures. This class may include arm balances or inversions which are always optional and not expected of all practitioners when taking class. Intermediate to advanced welcome.

YOGA (YIN TO ZIN) - A movement plus meditation class where you will link breathe from pose to pose leading to quiet meditation and holding poses to stretch deep connective tissue of the body. All participants welcome.

RESTORATIVE YOGA - Experience a restorative practice to renew and refresh your mind and body. This class will explore simple, but powerful as to open and balance the flow of energy throughout the body, featuring poses and gentle adjustments leaving you feel relaxed and restored. All participants welcome.

BEGINNERS YOGA - New to Yoga? Then this class is for you! It's all about the basics. Learn proper alignment, breath work, techniques, proper equipment, muscle energy and more. Class meets every Sunday at 4:30 PM.

FIT FACTORY— Group class that meets in the Fitness Center. 10 - 12 stations led by an instructor. Different workout stations to inspire results-driven full body challenges! You'll lunge, crunch, and box your way to a full body workout.

