

GROUP FITNESS CLASS DESCRIPTIONS

STRENGTH + CARDIO - A total body workout! This class is designed to keep the heart rate up and burn calories working your muscles from head to toe. This class will challenge both strength and cardiovascular endurance fitness in a smart, thoughtful manner. All levels welcome. *60 minutes.*

STRENGTH, CARIDIO, + BARRE – This class is a unique combination of strength training, cardio, and barre with upbeat music designed to give you a full-body workout. Basic strength and cardio for the first 40 minutes, finishing with low impact small isometric movements at the ballet bar. You'll walk out of class feeling sleek, toned, and accomplished. *60 minutes.*

BODY BLITZ X-PRESS – Set your timer for *45 minutes* for an all-over body workout! This class combines strength and functional movement with cardio endurance using a variety of equipment. This X-Press class will make you feel strong and confident. All levels 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. *60 minutes.*

H.I.I.T. - Lift, tone and tighten your entire body at your own pace! Hand weights, resistance bands and tubing and body weight training will help increase bone density, metabolism and of course will help you look and feel better. All participants welcome. *60 minutes.*

INDOOR CYCLING - This class has something for everyone with a mix of hills, drills, and endurance challenges. Pedal to the pace in this results-oriented class combining cycling combos and strength work. This class will help you shape, sculpt, and tone with integrated cardio and strength work. All levels are welcome. New participants are encouraged to arrive 10 minutes early for bike set up. Water bottle and towel recommended!

PEDAL POWER – A *45 minute* Indoor Cycling class blending dumbbells, weighted bars, and resistance bands to give your legs a quick break while you work on your upper body and core. Bike work includes hill climbs, sprints, and cycle drills. Towel and water bottle recommended! All levels welcome.

PILATES BLEND - This class gives you everything your body and mind need, combining the best of Pilates, Yoga, and Lightweight Training. Class will include traditional Yoga and mat Pilates exercises to improve core strength. Pilates Blend allows you to enjoy your journey into better fitness and an overall sense of wellness. Life is better when you blend! All levels welcome. *60 minutes.*

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. *55 minutes.*

UNWIND YOGA – Take time for YOU! Unwind is a blend of Hatha & Yin Yoga poses you will love. Unwind sore muscles and joints and meditation to clear the mind. All levels are welcome. *55 minutes.*

REJUVENATION YOGA – Reduce the effects of aging on your mind and body through Yoga. This beginner-friendly, gentle class will help you to keep your mind and body limber and fight the effects of aging by gently opening and stretching the joint base, fascia, and surrounding muscles. We will use breathing techniques, movement with breath, brief meditation, myofascial release and longer held yin-style poses to accomplish this. *55 minutes.*

RESTORATIVE YOGA - A gentle class suitable for beginners. A great way to learn body control with a variation of slow and smooth poses and movements to improve balance, range of motion, and core strength. Restorative Yoga is an excellent option for seniors and beginners. Strengthen muscles, joints, and improve flexibility. *55 minutes.*

YOUTH YOGA – This *55 minute* class will incorporate guided movement with music. Kids learn age-appropriate Yoga poses, fun Yoga games, and breathing techniques that help them focus and handle stress. *Ages 6 – 12. Note: This class is open to Junior members and children of members. Registration available at the front desk or over the phone, only.*

TENNIS FIT 2 HIT – Based on athletic training, this workout is designed for tennis players, but ALL are welcome! You will work on balance and exercises to assist in injury prevention. Build muscle endurance, stability, flexibility, and strength. Plus this class will include a warm-up and cool down that can be used before and after playing tennis. All levels welcome. *60 minutes.*

Reminder, kindly silence cell phones during Group Fitness and Yoga classes. Thank you!