

## Class Descriptions

### Barre Above:

Low impact workout incorporating dance, Pilates, yoga and strength training. Fun upbeat music

will get your heart pumping and the use of light weights and bands to strengthen and tone your

muscles. Multi-level class. (Sneakers, light weights water & mat required)

Monday 4:30 pm

Friday 8:00 am

Hatha Yoga: Beginner's welcome! Hatha yoga practices are designed to align and calm your body, mind, and spirit. Yoga helps improve strength, concentration & flexibility. Relaxation & mediation complete the end of each class allowing your mind and body to feel renewed & restored.

Tuesday 4:30 pm

Thursday 4:30 pm

Sweatbox: Intervals range from 20 seconds to 3:00 minutes with varying intensity. Variations blend cardio endurance, strength, agility, core, flexibility and more. Cardio endurance and strength combined or as a stand-alone component. Strength exercises are performed with weights, resistant bands and body weight. This multi-level class can be customized for most fitness levels. (Weights, mat, sneakers & water required). Some formats use a STEP during class

Monday 5:45 pm

Tuesday 5:45 am

Thursday 5:45 am

Strong & Centered Fusion Yoga (Warm Yoga Starts in November 70-75 degrees): Warm up & build heat with Sun Solutions, flow through poses that will have you moving up and down. This class flows through poses with a combination of holds, core, & equipment. Finish with relaxation or mediation to center yourself and end your practice. Yoga helps improve strength, concentration, relieves stress & enhances flexibility. (Warm yoga class is held in a room heated between 70-75 degrees to help muscles warm up faster, & increase sweat to aid in detox. This class is not for people who have high blood pressure, are pregnant or someone that has not taken yoga before).

Monday 7:00 pm

Wednesday 8:00 am

Body Rockin Barre Fusion: Dance & move while you sculpt your body with light weights, bands & your own body weight. This class flows through choreography that may include movements from Pilates, dance, yoga, ballet, athletic training and traditional fitness moves. You will keep moving while you gain strength and sweat. Multi-level class. (Yoga mat, light weights, sneaker & water required).

Monday 6:00 am

Cardio Jazz: is a fun, easy to follow dance class for all ages and body types. You will be energized by the choreography and fun mix of music from "oldies" to current artists. The class includes a warm up, light weights, dancing, stretching and a floor abdominal workout that will leave you feeling fit and refreshed. Multi-Level Class (Sneakers, mat, light weights and water required)

Tuesdays 11:15 am

Cut & Core: You will be challenged with changing interval times, intensity and skills during this 30 min class. Work on strength, muscle endurance, core and balance. A great way to cross train for any fitness program. Exercise can be customized for most fitness levels and intensity. (weights, resistant band, fitness ball, mat & sneakers).

Wednesday 6:00 am (30 min class)

Lean Muscles: is a class designed to increase physical strength through weight bearing and resistance. All major muscle groups are worked from head to toe. Fun music and easy to follow choreography will leave you feeling toned and strong. Multi-Level Class (Sneakers, mat, light weights and water required)

Wednesday 5:45 pm

Power Fusion Yoga/ (Warm Yoga Starts in November 70-75 degrees): Warm up & build heat with Sun Solutions, flow through several poses, including core and finish with relaxation or mediation. Yoga helps improve strength, concentration, relieves stress & enhances flexibility. (Warm yoga class is held in a room heated between 70-75 degrees to help muscles warm up faster, & increase sweat to aid in detox. This class is not for people who have high blood pressure, are pregnant or someone that has not taken yoga before).

Wednesday 7:00 pm

Cardio Burn, Tone & Stability: Challenge yourself using a variety of equipment such as, steps, tubes, weights & your own body weight. Intervals vary from moderate to intense training your entire body and mind to focus on the goal and transition to each level.

Thursday 5:45 pm

Mindful in Motion Yoga: All-level means this class is accessible to most everyone, so long as you're capable of getting up and down from a mat on the floor, with modifications taught to raise the spiciness level up or down to your satisfaction. Beginner's welcome! Hatha yoga practices are designed to align and calm your body, mind, and spirit. Yoga helps improve strength, concentration & flexibility. Relaxation & mediation complete the end of each class allowing your mind and body to feel renewed & restored. (Yoga mat required)

Thursday 7:00 pm

Total Tone: Mold your body in this class by using weight's, tubes & your own body weight. You will gain strength, tone your muscles & feel lean without bulking up. Be ready to work hard & focus on your goals. (Multi-level class weights, mat, sneakers required for class)

Saturday 7:30 am

Zumba: Perfect for everybody! Each Zumba® class is designed to bring people together to sweat it on. Zumba mixes low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin & World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Multi-level Class. (Sneakers required)

Saturday 8:45 am

Vitality Yoga: Start your Saturday feeling energized and strong. You will link and hold classic poses to enhance your vitality. (Yoga mat required)

Saturday 9:45 pm

### Line Dance Lessons

Intro to Line Dance: Progressive line dance class providing instruction of basic steps with focus on beginner/improver dances done to a variety of music genres. New dances taught weekly with review of prior week's lessons. Step sheets provided for continued practice at home.

Classes run 6 weeks

Oct 31, Nov 7, 14 (No class the week of Thanksgiving) Resume Nov 28, Dec 5, 12.

Tuesday \$84

Intermediate Line Dance: This class will focus on the most popular and latest dances being done today. In addition, instruction of variations to basic steps and couple's dances. Progressive class with new dances taught weekly and review of prior week's lessons. Step sheets provided for additional practice.

Classes run 6 weeks

Oct 31, Nov 7, 14 (No class the week of Thanksgiving) Resume Nov 28, Dec 5, 12.

Tuesday \$84