

Spring 2013

GROUP EXERCISE CLASS DESCRIPTIONS

Mind Body

Wear comfortable pants or shorts and shirt that allow for a full range of movement. You are encouraged to bring your own Yoga/Pilates mat. Some fitness mats are available.

HATHA YOGA

Borrowing from the styles of Shadow, Iyengar and Ashtanga Yoga, this class uses awareness of the breath combined with movement and postures to form the basis of the discipline of Hatha Yoga. This flow style class provides balance and power.

LATE NIGHT YOGA

Join us after 8pm for a variety of Yoga classes. The emphasis is on restoration, relaxing and unwinding through the practice of breathing, flexibility and meditation.

PILATES

Enjoy this floor based mat class, focusing on building strong abs and lower back. Use the mind-body connection to perform concentrated movements, and improve strength, alignment, coordination, and muscular symmetry.

POWER YOGA

Yoga poses without stopping and accompanied by Vinyasa or riding the breath in order to flow from one pose to another. Power Yoga's popularity is that it provides a vigorous workout plus strength and flexibility.

RESTORATIVE YOGA

We blend meditation and restorative poses on the floor with supportive props and soothing music to help the body release. Restorative poses recharge our energy reserves, heal the effects of stress, and bring our nervous systems into a more balanced state. Leave class feeling relaxed, refreshed and renewed.

RONIN WARRIOR YOGA

This class focuses on the development of power fused with fluidity, and it explores the art of expressing spirit through the human body. We emphasize the discovery of the inner master. Participants experience non-traditional meditation along with Iyengar, Flow, Yin, Ashtanga, and restorative poses.

VINYASA YOGA

This class connects movement with the breath. As you tone, strengthen, and stretch your muscles, the focus on your breath allows you to practice "staying present" in the moment. By creating a strong, healthy, and limber body, and cultivating a peaceful mindset, this class offers an opportunity for you to establish a more harmonious self, "Namaste."

YOGA

This class provides the opportunity to try different styles of yoga while creating a toned, flexible and strong body by combining movement and breath to connect poses. Increase your physical strength and endurance, as well as mental focus and relaxation, "Namaste."

YOGILATES

The unique fusion of Yoga and Pilates in one class. Yogilates is a great way to prepare for life's challenges. This fitness experience is designed to keep the mind and body healthy, balanced, focused and strong.

Strength & Tone

All fitness levels are welcome! For these classes wear comfortable pants or shorts and shirt that allow for a full range of movement.

BODYPUMP™

The original barbell class that shapes, tones and strengthens your entire body. This workout challenges your major muscle groups with squats, presses, lifts and curls. This will help achieve strength and introduce lean body muscle conditioning. *Reservations required. Prior to arriving to class, go to the Pro Shop for a class pass. Arrive early, equipment is limited.*

6-PACK ABS

We will focus on strengthening and toning your mid-section, while promoting a healthy back and core. Work your way to a strong core and cut abs.

BUTTS AND GUTS

Focused training to tone and strengthen your gluteus and leg muscles while toning and tightening your abs. Support your core using stability, endurance and explosive movements all in 30 minutes.

Cardio Focus

All fitness levels are welcome! For these classes wear comfortable pants or shorts and shirt that allow for a full range of movement.

BODYCOMBAT™

Unleash your inner cardio self with this fiercely energetic program inspired by martial arts and an array of other disciplines such as karate, Taekwondo, Tai Chi and Muay Thai. Strike, punch, kick and kata to burn calories for superior cardio fitness.

ZUMBA®

This class features exotic rhythms set to high-energy Latin and international beats. Zumba is a dance party that is fun and burns calories. Once you get to this party, you won't want to leave.

BREAKAWAY Indoor Cycling

Breakaway from your normal routine, burn calories and pedal away stress in our high energy cycling studio. This class is a great cardiovascular workout. We will guide you through a series of resistance and speed intervals and simulated sprints and hills for a workout party on a stationary bike. *Reservations required. Prior to class, call 756-5890 or go to the Pro Shop desk for a "BREAKAWAY PASS." Arrive early, bikes are limited. Cycling shorts and shoes are recommended but not required.*

CARDIO HIP HOP

Learn new moves and routines from top notch instructors while burning calories to the sounds of Hip Hop and club dance music.

Cross Training

All fitness levels are welcome! For these classes wear comfortable pants or shorts and shirt that allow for a full range of movement.

AQUA ZUMBA®

A new meaning to the idea of an invigorating workout. The Zumba formula and philosophy combined with traditional aqua fitness disciplines, Aqua Zumba offers a safe, challenging, water-based workout. *Recommended class attire is athletic swimwear.*

HIGH INTENSITY INTERVAL TRAINING "H.I.I.T"

Interval training executed at high intensity by combining weightlifting, gymnastic and cardio movements. H.I.I.T. is aimed at increasing the 10 areas of fitness: cardio endurance, stamina, strength, flexibility, power, speed, agility, coordination, balance and accuracy.

AQUA FIT

Enjoy an energizing, safe and effective workout in the water that reduces impact to joints while developing cardiovascular health, strength and endurance. The class is challenging and fun. *Recommended class attire is athletic swimwear.*