



## **Group Fitness Class Descriptions:**

### **ELECTRIC BODY**

An energizing cardio class using lyrical movements set to today's music. The Electric Body proves that adding a little dance to your day can tone your body, stretch your muscles, and help you discover a fantastic freedom of body and soul. No dance experience required.

### **LOW IMPACT**

Participants will grapevine and shoop-shoop to familiar sounds of 50's, 60's, and 70's music. No tools are required for the class: just you and a pair of tennis shoes. Low impact routines have been designed to elevate heart rates while remaining kind to joints. We will focus on cardio-respiratory fitness, endurance, and balance. If you are new to exercise, returning after an absence, or have been searching for that middle ground between high intensity and too-low-for-you classes, this is a great one to try!!

### **AEROBIC KICKBOXING**

Aerobic Kickboxing is a fun, energizing exercise which teaches form and technique all while elevating heart-rate by combining kicks, punches, martial arts and core strength. This class will increase strength, flexibility and overall fitness.

### **BARRE WORKOUT/PILATES**

FUSION OF BARRE and PILATES: Barre class incorporates the stretching and flexibility of Yoga, the posture and core training of Pilates and the balance and grace of Ballet. Class includes mat work and standing work at the barre. Pilates is a full-body system of specific exercises that focus on the entire core postural muscles that help keep the body strong, balanced and fit. Floor-work exercises emphasizing core strength, flexibility and stamina.

### **BOOT CAMP**

Boot Camp is a group-based exercise program designed to burn fat, tone muscle, and whip you into shape as fast as possible. A variety of calisthenics, resistance training and cardiovascular exercises melts fat off your body and strengthens muscles. Just like the military, we use group dynamics to motivate and inspire you to achieve your fat-loss and fitness goals. Unlike the military, we DO NOT use verbal abuse or intimidation factors to push you past your physical limits. Positive encouragement and team spirit will motivate you to challenge your limits and achieve new levels of fitness and health. **Nationally Certified Trainers** lead you through fun, yet effective weekly workouts making you want to keep coming back for more and before you know it - you've reached your goal!

### **PILATES**

Pilates is a full-body system of specific exercises that focus on the entire core postural muscles that help keep the body strong, balanced and fit. Floor-work exercises emphasizing core strength, flexibility and stamina.

### **PILOXING/DANCE AEROBICS**

FUSION OF PILOXING and DANCE EXERCISE: Piloxing is a non-stop, interval fusion of standing Pilates, boxing and dance, guaranteed to burn maximum calories, build lean muscles and increase stamina. Piloxing blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates-add to that, exhilarating dance moves that make this program fun! Dance Exercise is a cardio based fun dance class that energizes your body while being good to your joints. Using lyrical movements of today's music, this class tones your body, stretches your muscles and helps you move with a fantastic freedom

**GENTLE ADULT YOGA - LEVEL 1**

Gentle stretching, breathing and relaxation for our minds and bodies. Improve circulation, increase capacity to breathe, improve digestion, increase flexibility and reduce stress.

**BEGINNER YOGA - LEVEL 2**

Students are introduced to yoga postures and breath work through step-by-step description and demonstration. Emphasis is placed on understanding, safety, and stability within each pose. This class is designed to meet the needs of those new to yoga as well as those seeking continued understanding of basic yoga poses. Open to everyone with the ability to move through seated, standing, kneeling, and reclined positions unassisted.

**FLOW YOGA - LEVEL 3**

Vinyasa Flow style yoga stretches out hips, shoulders, hamstrings and groin. Focuses on the core, building additional strength, flexibility and balance; increase mental focus, endurance and prevent injuries. Terrific for athletes! Bring a yoga/exercise mat with you.