**Group Training Class Descriptions**

**No matter your skill level, when taking a class know that IT’S OK TO MODIFY!! Progression is a necessary part of everyone’s fitness journey. Modifications to our workout routines are important, too. Modifications can help your body build strength and endurance at a slower and more sustainable pace, prevent injury, and help you perform an exercise correctly with proper repetitions and intensity.**

**Classes held in Studio A**

**ACTIVE AGING**: This 1-hour class is designed for both men and women over 55, and will concentrate on improving and maintaining balance, core stability and strength. Class will also include warm-up and cool down stretches to help improve flexibility.

**AQUA**-Discover the wonder of water in this 1-hour class. A low impact yet intense workout that improves cardiovascular fitness, challenges the body’s core and balance, enhances flexibility, and strengthens and tones both the upper and lower body.

**BODY CONDITIONING**-This 1-hour class is designed to challenge all major muscle groups through strength and resistance training. This class uses dumbbells, body bars, tubes, bands, and body weight exercises for a challenging workout.

**CARDIO, CORE, & STRENGTH**- This class offers a high energy workout. Be prepared for strength-strength intervals, strength-cardio intervals, or cardio-cardio intervals. Interval format and instructors will change each week.

**CARDIO & STRENGTH**- This 1-hour class is designed to give you a cardio and strength workout to help improve cardiovascular endurance, muscular strength, and endurance. Low impact exercises, step aerobics, kick boxing and circuit drills make up the cardio portion of this class.

**CYCLING**-This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills which can boost aerobic capacity and muscular endurance, build speed, and burn fat. Drills may include resistance training, speed work, HIIT, tempo riding, etc. All levels are welcome. Remember to bring a towel & a water bottle.

**HIIT (High Intensity Interval Training)**-This class requires short bursts of exercise at near maximum capacity alternated with short bursts of exercise at a lower intensity for recovery. This gist of this workout is to condition both anaerobic and aerobic energy systems, cause metabolic adaptations that burn more fat, improve endurance, and build strength.

**Jimi V’s BOOTCAMP-** Using whole-body, multijoint/compound exercises, Jimi V’s Bootcamp involves strength training, resistance training, and cardio exercises where bursts of intense activity are alternated with intervals of lighter activity.

**ONE MORE REP-** This class will feature an express-type workout. It is a 45-minute strength and conditioning class with light cardio.

**STEP-**This class is a classic cardio workout; it’s lasted for decades because it delivers results. The step is a raised platform that can be varied by using risers. You step up, around, and down from the platform in different patterns. The moves range from simple to advanced.

**STRENGTH & SCULPT**- A non-impact, strength training workout that readies your body for daily activities. By incorporating compound exercises, exercises that work multiple muscle groups at the same time, one will develop strength patterns that are used daily (bending, twisting, lifting, loading, pushing, pulling, squatting and hauling). It’s a total body workout that uses a combination of fitness tools in a class or circuit setting.

**ZUMBA-** This 60-minute class is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms, to help improve cardiovascular fitness.

**Classes Boxing Room/Pickle Ball Court \*\*denotes wraps/gloves are required**

**\*\*BATTLE BOXING\*\***-A fast paced Cardio Club style boxing class where one learns boxing techniques & combinations while getting a great cardio workout

**BEST OF BOTH WORLDS**-A cardio boxing class with strength and sculpt training in a circuit setting.

**BOOTCAMP**-This 1-hour class consists of weight training, cardio, and core work performed in a circuit-like fashion.

**\*\*BOXING CONDITIONING**\*\*Using the “3-minute” boxing format, Bo chooses a different series of boxing and conditioning exercises.

**\*\*HIIT BOXING\*\***- A cardio boxing class in a HIIT (High Intensity Interval Training) format. \*\*Wraps/gloves are required.

**TABATA TRAINING**-This HIIT (High Intensity Interval Training) class is arranged in Tabatas. Each Tabata consists of 8 rounds of 20-second work intervals at or near maximum capacity alternated with 10-second intervals of rest. Each Tabata lasts 4-minutes.

**Classes held in Yoga Room \*\*\*Please bring your own mat for all yoga classes\*\*\***

**GENTLE YOGA-** A Hatha yoga class for the beginner or those looking for a more gentle yoga class. Modifications can be made to use a chair for those needing more support or those not able to get down to the floor or back up from the floor

**HATHA YOGA**-Yoga for a multi-age, multi-level class. Hatha yoga consists of postures that place attention on balance, strength, flexibility and relations. It incorporates flow.

**VINYASA-**This 1.25-hour yoga class takes place in a HEATED environment. It is an advanced, cardio and strength intensive practice which links breath and movement in a free flowing space.

**Zoom classes with Suzy available in Yoga Room**

**YOGA THERAPEUTICS-**– Taught by a Certified Yoga Therapist trained by Mukunda Stiles, Nischala Devi and Amy Weintraub among others. Postures and sequences from Structural Yoga Therapy, Ayurveda Yoga Therapy, Yoga for the Heart, Yoga for Your Type and Yoga for Depression are taught for an hour of deep healing. Specific flows include Palm Tree Vinyasa, Joint Freeing Series, Carpal Tunnel Series, Sacro-Illiac Series, Neck and Back series, Lumbar Series, etc. All ages and abilities are encouraged to attend this 60 minute class.

**ASHTANGA PRIMARY SERIES - “Yoga Chikitsa” -** 75 postures include Sun Salutation A, Sun Salutation B, Standing Series, Seated (Primary) Series and the Closing series are taught over a 75 minute class. Attention is paid to breath, movement, alignment, and focus of the mind. Repetition increases flexibility, endurance , and focus. Modifications for newcomers are made so everyone progresses in their practice over time.

**YOGILATES** – East meets West with the perfect blend of core strengthening Pilates exercises and Pilates “breath” (forced exhalation) alternating with nervous system calming Yoga postures and Ujjayi Pranayam (deep throat breath) for the optimal experience of these two great practices. This 60 minute class is the perfect balance between strength and surrender.

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