

## DESCRIPTIONS

**AQUA-PILATES:** Traditional Pilates principles replicated in the water. The water acts as resistance to increase the challenge.

**BALANCE/YOGA:** Standing yoga poses, holding chair as needed for balance.

**BARRE FUSION:** Total standing body workout using the ballet barre, combining movements of Ballet/Pilates.

**BARRE YOGA:** Standing yoga poses, holding ballet barre for balance as needed. Great for beginners.

**CARDIO INTERVALS:** Alternating bouts of strength and cardio throughout the class.

**CHAIR YOGA (PLUS):** Gentle seated Yoga focusing on stretching and strengthening. (Plus) includes some standing.

**CHAIR ZUMBA/TONE:** Suitable for those with mobility or balance issues, you can sit and dance to exhilarating Latin/Caribbean/popular music. Tone includes using light weights.

**FACIAL YOGA:** Exercises and movements designed to strengthen and tone muscles in the face and neck creating a more youthful appearance.

**GENTLE YOGA:** Gentler style of hatha yoga, performed at a slower pace with less intense positions. Modifications given to help people of all fitness levels. Must be able to get on/off mat although no standing,

**LOW IMPACT AEROBICS:** Improve endurance, burn calories, and have fun with easy-to-follow minimal impact moves.

**PILATES:** Strengthen your core with mat exercises, designed to improve flexibility, strength, and balance.

**QIGONG:** Seated, slow flowing exercises to improve memory, ease muscle tension and improve flexibility.

**ROCK BOTTOM/FAB ABS:** Strengthen & tone lower body and core with targeted exercises, ending with stretching.

**SCULPT/TONE/FUSION:** Get strong, improve your circulation, metabolism, and caloric burn, while defining muscles. Fusion may include barre movements or bands.

**SIT&FIT:** Stay in shape, increase metabolism, and improve muscle strength and tone while seated but active.

**STRETCH/MOBILITY:** Lengthen and elongate different muscle groups to help improve flexibility, posture and range of motion.

**TAI CHI:** Flowing series of standing, gentle exercises to develop balance, coordination, strength, and flexibility, while decreasing stress and anxiety.

**WATER AEROBICS:** A blend of cardio and strength workout using the resistance of the water.

**YOGA SLOW FLOW:** Poses flow from one to another in conjunction with the breath. Must be able to get on/off mat.

**ZUMBA/ZUMBA-TONE/ZUMBA-GOLD/AQUA:** Fun, exhilarating, effective and easy to follow calorie burning dance party. Tone muscles with light weights as the music pushes you through the moves. Gold is a slower pace and less intensity. Great for beginners or use it as a cool down after Zumba! Aqua is water aerobics with Zumba moves and music.

**20/20:** Twenty minutes of low impact aerobics, followed by twenty minutes of strength.

**PROPER ATHLETIC FOOTWEAR MUST BE WORN FOR ALL CLASSES EXCEPT YOGA, BARRE & PILATES**