

DESCRIPTIONS

ABS/STRETCH: Strengthen your core with abdominal, back and leg exercises, ending with a stretch.

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.

CARDIO KICK BOX: Fast paced cardio moves to improve endurance, coordination and strength.

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.

FLEXIBLE STRENGTH: Gently stretch muscles so your body becomes lithe and limber, leading to more freedom of movement.

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: Get strong, improve your circulation, metabolism, and caloric burn, while defining muscles.

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

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

WATER AEROBICS/TOTAL WATER AEROBICS: A blend of cardio and strength workout using the resistance of the water. Total is 20 minutes of cardio, 20 minutes with weights and 20 minutes with noodles.

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

ZUMBA/ZUMBA-GOLD/AQUA: Fun, exhilarating, effective and easy to follow calorie burning dance party. 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.

ZUMBA TONE: Tone your muscles with light weights, as the Zumba music pushes you through the moves.

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