

Effective 11/27/17

NOV – DEC 2017 EXERCISE CLASS DESCRIPTION!

Active seniors: Many of us are living longer and better than ever. Cutting-edge research reveals the secrets involving aging and how we can proactively become involved. We know that we can train and slow the aging process by focusing on mental health, cardiovascular conditioning, strength training, flexibility and fall prevention. This class balances all those aspects by training with light weights, weighted balls, bands and chairs. Class can be done sitting or standing.

Barre: Barre is the latest craze! This energetic class will be divided between Barre leg and hip strengthening routines and non-aerobic spine stretch/strengthening exercises incorporating Pilates, Yoga, and Dance. Modifications will allow students to work at their own fitness level. Please wear comfortable clothing, soft shoes, or Yoga (non-skid) socks. Small, hand-held weights are optional and will intensify your workout.

Cardio Circuit 101: A beginners Introduction to Strength Training & Cardio. This class will include a circuit style workout designed to work all major muscle groups while improving muscular endurance & cardio-respiratory fitness. This class will have modifications for all levels!

Cardio Circuit: This class includes a circuit style workout designed to work all major muscle groups while improving muscular endurance and cardio-respiratory fitness. Medicine ball, free weight, and bodyweight movements are combined during this high-intensity, calorie-burning workout!

Cardio Flow: This upbeat yoga inspired class is sure to elevate your heart rate, improve your physical & mental strength like no other workout. Class will begin with mindful centering followed by synchronized breath with dynamic yoga sequences and final cool down. Designed for all fitness enthusiasts

Cardio Blast: This class will focus on using aerobic and anaerobic low impact moves to achieve heart rate elevation and maximum calorie burn! May take place Indoor/outdoors.

Chair Yoga: A unique yoga style that adapts yoga positions and poses through creative use of a yoga chair. The chair replaces the yoga mat and becomes an extension of the body. The student is able to warm up the body safely and perform yoga poses with more support and stability. Poses are done seated on the chair or the chair is used for support during standing poses, forward and backward bends, side extensions, balancing, and leg and arm stretches. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

Functional Fitness 101: If you want increased balance and stability, more strength and flexibility, and decreased risk of injury, then this class is for you! Functional training is a style of exercise which involves training the body so results carryover into things you do in normal life. By focusing on basic, proper technique and form for upper, lower body and core these exercises can equip your body to handle real-life situations using multi-joint movements so you may use your hips, knees, and possibly even your shoulder joints – all based on your current fitness level. It all comes down to being practical.

Gentle Yoga: A great class for beginners – and everyone interested in exploring a gentle movement practice. This class includes basic breathing techniques combined with gentle rhythmic movement making the practice simple and easy to remember. Postures are approached in gradual steps with plenty of time to focus on breathing. Chairs, bolsters, pillows and blankets are available for props so that everyone can benefit from the yoga practice.

Gentle Yoga Flow: Is a mindful & gentle practice using yoga standing postures/asanas while synchronizing breath and movement to remain present & centered. The slow pace of this practice along with repetition and stay allows you to gain personal strength, flexibility and mental clarity. Chairs, bolsters, pillows and blankets are available for props so that everyone can benefit from the yoga practice.

Legs 101: Strengthening the lower body is one of the most effective and efficient methods of preserving your independence and improving your health as you age. Strengthening exercise have many health related benefits & improve your functional quality of life. This class is for beginners designed to help you learn accurate form & proper technique. This class focuses on learning the movements targeting the glutes, thighs, and calves

Movement of Arthritis: This class is a low impact class designed to help people with arthritis or other related conditions to reduce pain, become more confident in their ability to continue activities, increase social activity, and decrease doctor and emergency room visits.

NEW: Meditation & Movement: is a rejuvenating class sure to enhance your flexibility, mobility, and mental focus through deep breathing exercises and extended hold positions. As you lengthen and stretch your muscles, your mind begins to settle into a deep state of relaxation. Brain waves shift as the stretch flows into a space of deep stillness. Specialty selected music and words will achieve the complete mind and body connection experience. All positions can be modified for your comfort with props available such as chairs, bolsters, blocks, and mats. Come as you are and leave refreshed.

Pilates: Using the fundamental principles control of movement, centering, concentration, and precision developing a strong core improve coordination and balance. The movements are adjusted depending on skill level and intensity desired. Appropriate for all ages. Balls & bands are used to add variety to your workout.

Strong Stretch: A total-body stretch class. Great for relaxing, stretching and lengthening tight muscles. Stretching is important for people of all ages. One of the greatest benefits of stretching is that you're able to increase your range of motion, which means your limbs and joints can move through a greater range, helping to ward off injury. Other benefits of stretching include reduced muscle tension, enhanced muscular coordination, increased blood circulation and higher energy levels. We begin with an 8-10min active warm up then use basic stretching techniques throughout the class. There is no meditation or inner energy involved just a strong body and mind.

Tai Chi / Qi Gong Fusion- Tai Chi / Qi Gong form has been adapted to improve your balance, mobility, and physical and mental wellbeing. You will learn a variety of movements from the traditional art of Tai Ji Quan but which have been specifically tailored to focus on the mind and body connection. Tai Ji can decrease pain, increase balance, and improve both your physical and mental wellbeing. All levels are welcome to join in meditation in motion.

TRX: TRX suspension workout leverages gravity and your body weight to perform a variety of exercises. You are in control of how much you want to challenge yourself simply by adjusting your body position to increase or decrease resistance. This class is designed for beginners looking to improve their fitness level!

TRX FUSION: Be ready for TRX Intervals combined with ground based cardio drills and various sports training. We also introduce other training tools that challenge stability and core strength such as the Exercise Ball, along with additional Weights like Kettlebells, Medicine Balls, and Dumbbells!

Zumba: Zumba and beginner Zumba is one of the most unique, fun, and beneficial exercise programs to have blessed the fitness market for its diversity and level of fun! There are numerous different styles of Latin dances mixed in (Salsa, Merengue, Cumbia, Puya, Calypso, etc), and the beautiful part of this class is that you don't have to be a dancer! Just come burn calories and have fun!