

**Flash Mob classes are additional fee classes. Please call x7833 for more information or to register.**

**Aqua Yoga:** A graceful, flowing practice melding Yoga, stretch and other modalities. A total Yoga practice in the water. Perfect for those who want to reap the benefits of Yoga but may find land Yoga difficult. (F, E, R) **50 minutes, B / I / A intensity**

**Ballet Posture and Core:** Lengthen and lean your core using movements similar to standing Pilates but with dance language. (E,F,R) 45 minutes, **50 minutes, B / I intensity**

**Belly Dance:** Also known as Middle Eastern Dance. Learn a new way to workout and have fun. (CV,F) **60 minutes, B / I intensity**

**Classcore:** Designed to enhance flexibility, strength, and fluidity of movement, Anne's *Classcore* approach is a unique integration of Pilates and ballet-based floor work, dynamic stretching, and body conditioning exercises. (E,F,R) **50 minutes, I / A intensity**

**Classic Yoga:** A Yoga practice focusing on understanding each asana with an emphasis on taking your time to find your way to practice each pose. (E,F,R) **60 Minutes, B / I / A intensity**

**Core and More:** Intense core workout using a variety of fitness practices and equipment such as Pilates, Yoga, etc. (E,S) **45 minutes, I / A intensity**

**Core Fusion:** Full-body workout, using the core muscles. (E,S) **45 minutes, I / A intensity**

**Core Yoga:** Yoga with an emphasis on core strengthening using a variety of fitness practices. (E,S,F) **50 minutes I / A intensity**

**Gentle Yoga and Stretch:** Learn techniques for gentle Yoga and breathing exercises for relaxation and meditation. This enhances creativity, tranquility and energizes the body. (E,F,R) **45 minutes of Yoga and 45 minutes of meditation, B / I intensity**

**CLASS INTENSITY:**

- B Beginner
- I Intermediate
- A Advanced

**Hard Core Cardio & Conditioning:** High-impact activities. Not for the faint of heart. Extreme conditioning for the advanced athlete and for those who would like to make a difference in the quality of their workout. (CV,E,S,F) **50 minutes, I / A intensity**

**Pi-Yo:** A mind/body class integrating Pilates and Yoga with emphasis on alignment and breathing. (E,F,R,S) **45 minutes, I / A intensity**

**Restorative Yoga and Meditation:** First 45 minutes of class is a gentle stretch and yoga class leading into a powerful meditation practice, easy and profound.. This enhances creativity, tranquility and energizes the body. (R,F) **60 minutes, B / I intensity**

**Seated Cycle Core & More: Early arrival is advised for bike and prop set-up.** Intermittently on and off the cycling bike using light weights and body weight. Focus on balance, core stability and strength thru movements in all planes, while keeping cadence(CV,E,R,S) **50-minutes, B / I / A intensity**

**SPINNING:** Join us for the ultimate cardio interval workout. **Water bottle mandatory!** (CV,E,R,S) **50-minutes, A intensity**

**Sports Circuit: Must arrive in time. NO LATE COMERS.** Improve your game with sports-specific exercises in a fast-paced and total body circuit. (E,S) **45 minutes, I / A intensity**

**Standing Pilates:** Adapting classic Pilates mat work exercises into a vertical plane enhancing everyday movements. Focus on learning to keep a neutral spine while standing, walking or bending. (E,F,R) **45 minutes, B / I intensity**

**Stretch and Relax:** At the end of a morning of working out don't miss this vital element. Use various stretching techniques to improve joint and muscle range of motion. (F,R) **30-50 minutes, B / I intensity**

**T'ai Chi:** An ancient Chinese form of gentle exercise, which brings meditation through movement. Relaxed, fluid motions enhance balance, endurance, clarity and the calm necessary for optimum health and harmony. (F,R) **60 minutes, B / I / A intensity**

**Stretch, Relax and Meditation:** Unwind and regenerate with this gentle, yoga-based stretch class for all levels. Enjoy a peaceful evening at the gym with this relaxing and feel-good class. (F,R) **60 minutes, B / I intensity**

**Total Body Conditioning:** A muscular toning class utilizing tubing and weights, the bar and floor work to strengthen the muscles of the entire body. (E,S) **45 minutes, I / A intensity**

**Tri-Level Pilates:** Adapting classic Pilates mat work with standing, seated and reclined exercises. Focus on learning to keep a neutral spine while standing, walking or bending. (E,F,R) **45 minutes, B / I intensity**

**Water Aerobics:** A multi-intensity aerobics option offering minimal impact forces on the body. (CV, E, F) **45 minutes, B / I intensity**

**Water Blast:** A multi-intensity aerobics option offering minimal impact forces on the body. Includes some water resistance training the last part of class. (CV, E, F) **50 minutes, B / I / intensity**

**Water Work!:** A complete strengthening workout in the water using the Water Balls and the body at various speeds to create challenging resistance. (E,S) **45 minutes, B / I intensity**

**Water ZUMBA:** Aqua Zumba is a safe, challenging, fun, high energy, low-impact workout. (CV,F) **45 minutes, B / I / A intensity**

**Yogalates:** A mind/body class integrating yoga and pilates movements with emphasis on alignment and breathing. (F,R,S) **55 minutes, I / A intensity**

**ZUMBA Dance:** Tone and condition your body with a high energy, Latin-based, low-impact workout. (CV,F) **50 minutes, B / I / A intensity**

**COMPONENTS OF FITNESS:**

- CV Cardiovascular/Aerobic
- E Muscular endurance
- F Flexibility
- R Relaxation
- S Muscular strength

**December 2017**