

## **Dance Tuesday 6:30 pm**

### **Zumba with Jessica**

**February 13 and 27**

### **Wanna Dance? with Elaine**

Join Elaine for fun dance and fitness moves to different genres of music. Get your groove on!

**February 6 and 20**

**30 Minute Abs:** Intense core workout using a variety of fitness practices for an intense half hour.

**(E,S) 30 minutes, I / A intensity**

**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**

**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 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**

### **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

**February 2018**