



Please make sure to bring layers to class, particularly the relaxation classes; a robe, a long sleeve shirt, socks, etc.

Aqua Yoga: A graceful, flowing practice melding Yoga, stretch and other modalities. Perfect for those who may have physical challenges but find movement in the water more beneficial.

(F, E, R) **50 minutes, B / I / A intensity**

Boot Camp Cardio: High energy intervals of toning with cardio.

(CV,S, E) **45 minutes, I/A intensity**

Mindful Yoga: Practice breathing into each Yoga pose making your Yoga practice a mindful moving meditation. (E,F,R)

60 Minutes, B / 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)

50 minutes B / I 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

CLASS INTENSITY:

- B Beginner
- I Intermediate
- A Advanced

October 2019

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

Spin Class: Spin is a high energy indoor cycling class led by a motivating instructor. (CV,E,R,S)

50-minutes, B / I / A intensity

Standing Core: Lengthen and lean your core using a variety of fitness equipment, all while enhancing your balance.

(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)

45 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

COMPONENTS OF FITNESS:

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

Twilight Yoga:

Unwind and regenerate with this gentle Yoga stretch and strengthen class for all levels. Finish with guided meditation.

(F,R) **90 minutes, B / I intensity**

Water Aerobics: A multi-intensity aerobics option offering minimal impact forces on the body. (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)

50 minutes, B / I / A intensity

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

50 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