

# Group Fitness Class Descriptions

## Aquatics

**Aqua Bootcamp** Take boot camp into the water with high intensity drills for a total body aquatic workout.

**Aqua Fit** Get out of the cardio studio and into the pool for this non-impact, total body workout. Improve cardiovascular stamina, muscular endurance, flexibility, and range of motion.

**Aqua Tabata** Uses water resistance with several basic aqua moves done for a short period of time at a high intensity and a short rest in between.

**Aqua Yoga** Step out of the ravages of gravity on land, and experience the benefits and accessibility of yoga in the water.

**Masters Swim** A structured workout in the pool.

## Cardio & Fusion Fitness

**20/20/20** This energizing combo class includes 20 minutes of sculpt, 20 minutes of Cardio dance, and 20 minutes of stretching & core work to get you a balanced full body workout!

**Barre Beats** Functional training with a twist. Barre work, mat pilates, low impact cardio/strength and a little yoga. Gain lean muscle, a strong core, and long term postural benefits. A full body rhythmic workout to music that will leave you feeling strong and balanced.

**Cardio Barre** Improve your balance, strengthen your core, and create a long, lean physique. This high energy, low impact class combines ballet, kickboxing, Pilates, and yoga and is non-stop fast paced movement. Class is taught in bare feet using traditional ballet barres.

**Cardio Kick** A cardiovascular workout using the basic kickboxing techniques to develop endurance, conditioning, and stamina.

**Cardio Sculpt** Combine Body Sculpt with cardio intervals for a total body workout!

**Dance Alive** Dance Fitness that awakens the dancer in you! Dance Alive! is a high energy and exhilarating steady state cardio fitness that connects the mind, body, & soul through music and dance. Allowing you to get the full benefits and optimal full body fun of an exhilarating cardio dance work out.

**Healthy Hearts** This class is tailored for active adults focusing on gently building cardiovascular endurance, daily life strength and body balance.

**FIT (Forever in Training)** Light on the joints & easy to follow, this low impact aerobics and strength class uses light weights, functional movements, and gets your heart pumping and muscles working!

**HIIT** High Intensity Interval Training is a form of exercise which is short periods of intense exercise alternated with less intense recovery periods.

**Hardcore HIIT** A vigorous, full body cardio workout that incorporates strength and stability. All levels welcome!

**Power Barre Express** Build lean muscle by this 45min ballet inspired workout! A combination of ballet, pilates and cardio to get your heart pumping.

**PUREcore** This is a tough core workout to strengthen not just the abs but all the muscles of the torso. Cancel the crunches and explore the world of planks, hovers, balance, and integrated exercises to take your core work to the next level. *\*All levels welcome.*

**Spin & Core** Combine a calorie torching 30 minutes of Spin followed by an attach on the abs

**Spin XP** Rev it up and burn calories fast in this 30 minute spin class.

**Spinning**® Indoor cycling program using high-performance fully adjustable, stationary bicycle. The techniques and positions presented are carefully selected to ensure a safe, fun, and effective workout for students of all fitness levels.

**ZUMBA**® Ditch the workout and stay for the party! Every Zumba® class is a fun event. The mix of Latin, top 40 and Hip Hop music keeps you energized.

**ZUMBA**® Basics Zumba with less impact on the joints, and simplified movements, but with all the fun of a regular Zumba class! Great for anyone looking to try Zumba for the first time, or at a slower pace.

## Strength, Resistance & Core

**Barbell X** Experience Barbell Strength and discover your stronger self, build muscle strength and endurance for every major muscle group. Join us for this power packed and fun strength workout!

**Body Conditioning** A perfect combination of cardio and resistance training. This class works by constantly changing shacking things up and working your body in a new way to shock your body, and get the results you desire. In this class you will also be inspired, encouraged and motivated to find and believe in your true power.

**Cardio Dance** A high energy calorie burning Cardio Dance Experience!

**Classical Pilates Mat** this is the core of the pilates method of body conditioning, and the work is most challenging - strengthening the core muscles, and limbering the spine.

**On the Ball** Cardio, strength and core exercises all using the Stability Ball! Keep it simple with one piece of equipment that will be sure to challenge you.

**Pilates Fundamentals** This introductory class will focus on the basic principles and beginning movements in the Pilates system of exercises

**Pilates Mat** Introduce yourself to the fundamentals of Pilates technique (without apparatus/equipment). Focus on alignment, opposition, balance and functional fluid movement from the core's foundation - the powerhouse.

**Pilates & Posture** All levels welcome. Enhance your mat class with an assortment of accessories to work your core and postural fitness.

**SCULPT:** Raise the BAR! Barbells are used along with other strength equipment to challenge your body and to help build all major muscle groups and increase your endurance. Our instructors will lead you through this innovative workout that will leave you feeling stronger and having FUN!

**Shred** A High-Intensity and endurance based 30 min workout utilizing a 3-2-1 interval approach. A 15min preview of the exercises for each workout starts you off each class.

**STRONG by Zumba**™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. We recommend bringing your own mat to class.

## Yoga & Stretch

**Tai Chi Easy**™ is a beginner friendly approach to Tai Chi and Qi Gong which is beneficial and fun. Straightforward and highly adaptable, this class results in empowerment of self-care, improved balance and increased strength and flexibility.

**Breathe and Flow Yoga** An all levels class where you will be guided to link movement, transitions between poses and breath for a mindful and strong yoga practice. You are invited to get deeper and to consistently use your breath with fluidity to strengthen the body and move with ease.

**Candlelight Stretch** This class is extraordinary, offering all the benefits of yoga: flexibility, strengthening, and restoratives for your mind/body. The room is dimly lit by flickering candlelight that will warm your weary heart, and light up your soul.

**Chair Yoga** A gentle form of yoga that is practiced sitting on a chair. Suitable for seniors or those with limited mobility.

**Express Mat Pilates** A slightly shortened version of our Pilates Mat class. Introduce yourself to the fundamentals of Pilates technique (without apparatus/equipment). Focus on alignment, opposition, balance and functional fluid movement from the core's foundation - the powerhouse.

**Flow & Align Yoga** based on postural alignment as we weave poses into a mindful flow. We give importance to the breath and the fluctuating mind by witnessing how it all interconnects. We will also dedicate a portion of the time to wind down and rest - this benefits the body as well as the mind.

**Flow & Hold**® Yoga Start with a dynamic flow to warm the body before furthering your practice, using breath & deep muscles to refine your asana. Discover ease, stillness, and a meditative state.

**Gentle / Restorative** Yoga postures that move at a gentle pace, combined with breath work, meditation, and restorative poses to quiet the mind and calm the body.

**Gentle Vinyasa** A slow meditative joyful practice of movement to build flexibility, balance, strength and alignment with the synchronization of breath. Props & modifications available for those with reduced mobility or limitations. All levels welcome.

**Gentle Yoga** Incorporate asanas in a slow, meditative and calm practice. Encouraged for any person with reduced mobility or limitations.

**Hatha Yoga** The foundation of Yoga. Learn asanas (poses) and pranavama (breathing technique). In the Hatha Aligned class, emphasis is on postural alignment. All levels welcome. Bring your own mat. Blocks, straps, blankets, and bolsters provided.

**Iyengar Yoga** Precise alignment of muscles, bones and joints is the main focus. Rather than moving quickly through the postures, you may spend many minutes in one pose and use props to align your body properly.

**Mobility, Core & Balance** Flexibility, balance & stretching, all in one! Stretch your body from head to toe, while strengthening your core and improving your concentration and balance.

**Power Hour Yoga** These 60-minute flowing sequences are designed to generate heat, build strength, increase flexibility, and inspire your day.

**QiFlow** This class incorporates Qigong movements and flows with a focus on proper posture, mechanics and alignment. These routines are designed to increase strength and flexibility, while relaxing the mind for physical and emotional wellbeing.

**Roll & Release** The most overlooked component of injury prevention. Roll out your muscles, treat day to day stiffness, recover, and loosen up your body.

**Vinyasa Flow** A continuous flow of movement with a dynamic system of poses (asanas), building flexibility, strength and the synchronization of breath. Experience in Hatha is recommended.

**Yoga for Athletes** This all-levels yoga class takes you through a series of highly effective strengthening and stretching exercises that are key to the movement demands on all athletes, no matter what sport.

**Yoga Sculpt** A combination of strength and cardio exercises combined in a non-stop Power Flow Yoga class sure to make you come alive!

**Yoga Fundamentals** All levels welcome. Enjoy the fundamentals of yoga practice in a class that is excellent for beginners, or to bring advanced yogis back to the basics of their practice.

**Yoga Flow** Yoga Flow, a true blend of balance, core strengthening and flexibility. Combining meditative, detoxifying qualities with a touch of power flow.

**Yoga Is Therapy** is a community for healing. Linda provides a safe space for students to explore their own practice.

## TRX® & Small Group Training

There is a fee for these classes. Reservations recommended, classes limited to 8 participants. Try your 1st Class FREE! To reserve your spot and for more info on pricing, call 408.357.7419.

**TRX**® These classes use the TRX Suspension Trainer along with other equipment in the small group class area of Fitness Room B for a full body strength and cardio workout in less than an hour.

**TRX 20/20/20**® Small group training that incorporates 20 minutes of TRX, 20 minutes of kettlebells, and finishes with 20 minutes of cardio. This class is packed full of strength, cardio and core and will keep you interested with its changing format!