



Fitness Class Descriptions

20-20-20

Maximize your workout with 20 minutes of cardio, 20 minutes of strength and 20 minutes of core/flexibility for a very efficient and total body workout. Participants will need a workout mat or towel.

FLOW YOGA

Each movement in to or out of a posture is made on an inhalation or exhalation, so the yoga unites the breath with the movement in a choreographed sequence. The flowing movements may be combined with some longer holds of certain postures. Participants will need a yoga mat or towel.

HIP HOP DANCE FUSION

Hip Hop Dance Fusion is an athletic urban dance fitness workout that combines hip hop dance with other forms of dance and high energy music for a workout that is bound to get your heart rate up and your body moving. Have fun while breaking a sweat!

INTERVAL TRAINING

An exercise and training program in which each session consists of periods of intense exertion alternating with periods of rest or lighter exertion. This class gives you a great cardio workout by using a combination of resistance and body weight strengthening exercises.

MINDFULNESS/MEDITATION

Meditation is one of the best tools to balance our emotions, handle physical and psychological distress, and promote inner peace. This class guides participants through the process to reduce stress, enhance energy, clarity, and overall well-being.

MORNING REFRESH YOGA

This is a energizing and refreshing yoga class designed to help you reset and conquer the day. It will build strength and endurance, while practicing breathing and present moment awareness.

PILATES

Designed to benefit the whole body with a focus on awareness of the spine, proper breathing, core strength and flexibility. The outcome of pilates training is a balanced body: improved range of motion, flexibility, posture and decreased back and joint pain. Participants will need a mat or towel.

RESTORATIVE YOGA

Restorative Yoga focuses on poses using props to support your body for deeper relaxation. These poses relieve stress, release muscular tension and are deeply calming to the nervous system. Participants will need a mat or towel.

STRENGTHEN & LENGTHEN

This is a class designed to explore your abilities and to gain flexibility, strength, grounding, and balance. With focus on breathing, this class will use compassion to re-form ideas about your body as we move through traditional yoga and pilates poses to find comfort and awareness in your practice.

STRETCH & DE-STRESS

This is a class designed to help stretch the muscles, release stress, and focus on calming the mind. Blending stretches and deep breathing for a rejuvenating experience.

TAI CHI

Bring balance to your body; bring balance to your life. In this class you will learn the first and oldest form of Traditional Chen Tai Chi called Lao Jia. This form is used as a tool to help develop strength, balance, coordination, and understanding of basic Tai Chi principles and is beneficial if you want to practice Tai Chi for health reasons.

TOTAL BODY FITNESS

Designed to strengthen your whole body. This class not only helps tone your muscles but also gives you a great cardio workout by using a combination of strengthening exercises, including resistance and body weight.

WORLD DANCE FUSION

Finish your work week with a high energy cardio dance party from around the world! Music and dance styles of Salsa, Cha Cha, Hip Hop and Reggaeton (Caribbean Hip Hop), these moves are sure to boost your mood and torch calories all through the weekend!

ZUMBA

A fusion of latin and international music designed to make you move in a party-like atmosphere. Dance to Latin rhythms such as Salsa, Samba, Meringue, and more! Easy to follow and improve cardiovascular conditioning.