

### **Adult Ballet**

Come enjoy the beauty and grace of classical ballet! This class will cover basic ballet positions, steps and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance and flexibility.

### **Arm, Core and Stretch**

Focus on toning your upper body and core. This class will end with stretches for your back, hips and legs for the ultimate dancers body!

### **Balance & Stability**

Let us help you prevent falls and make daily activities effortless. Combining both dynamic movements and balance exercises, along with strength and core, this class will help you be more independent and safer when doing the activities you love most.

### **Barre Fusion**

This class combines isometrics, dance conditioning and interval training to quickly sculpt and tone your muscles. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body.

### **Les Mills BodyCombat®**

You will go through a series of music tracks striking, punching and kicking for the ultimate fat burning, high intensity cardiovascular workout.

### **Chair Yoga**

This is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for assistance

### **Core Conditioning**

This 25-minute class strengthens and stabilizes the entire core: rectus abdominis, obliques and lower back extensors to enhance abdominal definition and core strength.

### **Core Yoga**

Build a strong and stable core in a yoga class that challenges the full body with extra focus on the mid-section.

### **Cycle**

A cardio workout on a stationary bike. Cycle classes are technique based and/or terrain based. Focus on cadence, heart rate zones, climbs and sprints.

### **Heart Plus Toning**

Light cardio and strength segments along with exercise that promote balance and core stability.

### **My Zone: H.I.I.T. Training**

Take your cardio to another level and push past your comfort zone with this high intensity class. The class includes short bursts of work followed by active recovery periods. Wear your Myzone Belt to push you into the multiple color zones, keep track of calories burned and effort expenditure all on the big screen. Myzone belts available for purchase in the Pro Shop.

### **Just Barre**

This class combines isometrics, dance conditioning and interval training to quickly sculpt and tone your muscles. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body.

### **Just Dance**

Easy to follow dance choreography to current and retro hits. Burn fat and learn latin moves and have fun in this well paced workout.

**Just Dance 101** is a low impact class where we break down the dances from the Tues/Friday Just Dance Classes. You will learn the newest dances at a slower pace. Master the steps, ask questions, practice your moves so you can get a better workout and increase your confidence!

### **Pilates Fusion**

A non-traditional Pilates class combining classical and contemporary sequences. Strengthen your core, sculpt lean muscle and increase flexibility.

### **Pilates Yoga Fusion**

A fitness routine that combines Pilates exercises with the postures and breathing techniques of yoga.

### **Power Yoga**

Nourish your mind, body and spirit in this invigorating workout. Poses (asanas) are sequenced together and linked with the breath to create a flow (vinyasa) of exercise. Increase strength, improve flexibility, reduce stress and bring balance into your life with this challenging class. Prior yoga experience is strongly encouraged

### **Sit & Fit**

A chair based class utilizing bands and weights to improve strength, balance and range of motion exercises to reduce pain and stiffness.

### **Simply Strength**

Challenge your muscles using a variety of equipment including free weights, exercise bands, Resist-a-ball and Bosu Balls. All fitness levels welcome.

### **Strength & Core**

This class focuses on defining your body using heavier weights and a lower rep count. We will incorporate balance and core moves for a sleek physique

### **Therapeutic Yoga**

This class uses the principles of yoga to relieve stress and promote recovery of injury and illness.

### **Triple Threat**

Burn, sweat, tighten and melt your body with three workouts in one session: strength training, core conditioning and cardio drills! Get ready to work every muscle from head to toe and burn hundreds of calories in a motivated group setting.

### **Total Body Yoga**

A multi-level class incorporating breathing, balance and limited strength work. Expect a slow and easy flow of moderate poses and leisurely floor stretches. This class is appropriate for both new and experienced yoga practitioners and is perfect for runners or cyclists.

### **Vinyasa Flow Yoga**

A vigorous, more athletic approach to yoga with flowing poses and sequences linked to the breath.

### **Yoga Basics**

Beginner class working on basic poses (asanas) and flows with attention to alignment and breath awareness.

### **Yoga Sculpt**

A safe upbeat fusion of flow yoga and bodyweight moves that target all areas while still maintaining a strong focus on breathing and then a final relaxation. This class will include modifications and progressions while listening to breezy, uplifting soundtracks.