

# CLASS DESCRIPTIONS

## GENTLE YOGA (ME)

A very soothing approach to classical hatha yoga postures and stretches. Gentle warm-up and stretching, and some restorative work, help you move mindfully and easefully into poses. This is a gentler, slower paced practice for people of all sizes, ages and fitness levels.

## VINYASA YOGA

Like hatha, vinyasa yoga is a generally describes many different styles of yoga. It essentially means movement synchronized with breath and is a vigorous style based on a rapid flow through sun salutations .

## POWER YOGA

A dynamic, energetic form of yoga, linking postures through breath and movement to increase strength, flexibility and endurance. This all levels class is designed to connect your mind and body through physical challenge, leaving you balanced and restored.

## VINIYOGA

Taught in the style of Hatha yoga we adapt this yoga practice to suit individuals. Movement is connected with the breath and props are used to release the "tension in the tissues," helping you feel better and improve range of motion.

## BARRE & STRETCH (ME)

Delivering a full body workout that incorporates Pilates, ballet, and stretching to create long lean muscles. Low impact movements with high repetitions to fatigue muscles, paired with upbeat music. Full body toning and lengthening extensions of the arms and legs. Balance and mobility will be a strong focus.

## BARRE

Combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches. Barre also focuses on high reps of small range movement.

## PILATES MAT

Focus on trunk stability and coordinated breathing through a series of exercises evolved from the principles of Joseph H. Pilates. Pilates develops a longer, leaner, stronger and more graceful body by improving muscular symmetry, alignment, posture, core-strength and flexibility.

## LES MILLS BODY PUMP

Using light to moderate weights with lots of repetition, BODY PUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation & great music - helping you achieve more than on your own!

## LES MILLS BODY COMBAT

High-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

## BODY CONDITIONING (ME)

Full body toning integrating weightlifting with balance and core strengthening techniques to help develop strength and full body balance. Great for everyone.

## BODY SCULPT / CARDIO MUSCLE / CARDIO SCULPT

An "old-school" staple with up-to-date exercises & conditioning principles that will tone & strengthen your body. It is as popular now as it ever was. Varying types of equipment used. Fun & effective for all fitness levels.

## TABATA

High Intensity Interval training to get the heart pounding then a short recovery period. Typically 40 seconds of work followed by 20 seconds of active rest: repeat 8 times, then all over again with different moves. Bodyweight movements and movements with weights.

## ZUMBA

Zumba® is a great mix of Latin & international beats, easy-to-follow moves create a high energy, calorie blasting, total body dance-based workout. Zumba routines incorporate interval training - alternating fast and slow rhythms - to help improve cardiovascular fitness.

## cycle

Each cycle class offers its own unique version of riding. You will experience drills to work on cardiovascular health including sprints & jumps, and drills to work on strength with up & down hills mixed with pure incline rides. All classes are matched with music to make you want to push a little harder.

## HYDRO BLAST

Blast your way to better fitness by using the properties of water in this total body workout which combines cardio, strength and core work. Increase your stamina, strengthen and tone your body, and improve flexibility and stability. Complete the experience with a relaxing mix of stretches at the end. A variety of equipment and formats will be used. All fitness levels are welcome.

## CLASS POLICIES

- Arrive to class on time. Entering late disrupts the entire class.
  - Wear appropriate workout attire.
- Wear supportive footwear to cardiovascular and conditioning classes.
- Please tell your instructor if you are new or have any health issues prior to class.
- Instructors are available before and/or after class for any questions, comments, or concerns.
  - If you are new or need to modify, please remain in the back of the class. This will provide the most productive environment for all participants.
    - Wipe down selected equipment before and after use.
    - Clean up after yourself.
- Choose a Blue STAR to mark your station for the class.
- If you see something, say something. The management team can address it.

## GYM POLICIES

- The group schedule is a rotating schedule
- Management reserves the right to make schedule changes as necessary.
- Classes with poor attendance are subject to cancellation.

## SMALL GROUP TRAINING FEE-BASED SESSIONS

**MX4**  
+CORE

Experience a unique small group training program that addresses all four aspects of fitness — cardio, power, strength and endurance. Best-in-class equipment like the Connexus Functional Training System, S-Drive Performance Trainer, Matrix Rower and Krank combine in limitless ways to help you reach your fitness goals.

**H2O**fitness

Full body workout in the water exercising the cardio-respiratory and muscle systems incorporating a variety of methods which may include use of equipment and interval training. Tone muscles, increase endurance, and improve flexibility in classes designed to challenge people of all fitness levels.