

## CLASS DESCRIPTIONS Winter 2024

**ALIGN & FLOW YOGA** The combination of flowing and holding poses, along with a focus on mindfulness and breath, seeks to empower and uplift. This morning class infused with breath and passive holds involves surrendering to poses for longer periods of time to relieve tensions and calm the nervous system. All levels.

**CARIDO DANCE PARTY** Hottest Dance-Fitness program based on international rhythms, so spice up your workout with this energetic cardio hour of sweat and fun.

**BARRE MIX:** Pilate's style class that incorporates mat principles and barre in addition to other core moves for a full body burn!

**DANCESTRONG** A multi-style dance aerobics class using rhythmic combinations of both precise and long lever movements. Each routine is a mix of genres so that the mind and body are challenged. Easy to follow, and a great calorie burn, will tone muscles and lift your spirit.

**CIRCUIT INTERVALS**-Strengthen your entire body with moderate weights and bands etc. Specifically designed exercises using higher repetitions in a series of 4 or 5 exercises per circuit. High metabolism burn + more fat burning and muscle strengthening with balanced exercises to reduce joint stress. All levels.

**CORE AND MORE** Full body Core/Pilates with Props. All levels.

**CYCLE!** Indoor cycling class for a great cardio workout. All levels welcome.

**CYCLE-MIX**-Cycling and Strength in one great class. Half cardio on the Schwinn's, Half strength on the mat!

**LIFT** Utilizing compound movements, weights, bands and ball work, this class will focus on strength, core stability.

**Optimum Mobility and Release** Movements in all directions and planes promotes a more balanced body. Dynamic movements and blood flow for the first half followed by stretching and using foam roller to improve circulation, second half Mobility, stability and balance form the foundation of this 45 minute class.

All welcome.

**PEAK STRENGTH AND CORE** Sculpt and transform your body with Ernest! The music is upbeat, the equipment is varied to trim and tone your body week after week. Focusing on high reps of lighter weights and body weight exercises to build your core and create balance and stability of movement.

**PILATES MAT** A total body workout that emphasizes alignment and breathing. Working with the torso as the body's center, exercises target abdominals, lower back, and hips. This class enhances muscular balance and improves posture essential in the reduction of injury risk in everyday activities.

**POWER AND BALANCE:** Standing Series Pilates to enhance balance, symmetry and core strength. All levels.

**PRECISION FLOW AND CORE** Strength/Stretch (Pilates/Yoga) mix to sculpt and strengthen your muscles and stretch for a balanced body!

**PRECISION FULL BODY:** An innovative class combining both standing and mat work to strengthen your core, build lean muscle, and increase flexibility with a fusion of controlled movements to enhance total-body performance. All levels welcome.

**STUDIO ROW** Our Signature Class! Using the Concept 2 Rowing machines we incorporate weights, bodyweight, mats-anything goes to give you a great morning workout. All levels!

**STUDIO ROW Fundamentals.** Our Signature Class on Concept 2 Rowing machines. Fundamentals works more on rowing technique, pacing as well as some strength moves off the Rower All levels!

**60 SECOND CIRCUIT** Full body circuit workout with an emphasis on core strength and functional stability. Dumb bells, bands, physio balls, and more are incorporated and sequenced uniquely each week. All levels welcome.

**SLOW FLOW:** Strength and stretch through slow flow movements with a focus on proper alignment. Meditation in movement and the purpose of letting go of tension.

**Strong XM** Short targeted training phases are used to your body keeps adapting and gets stronger. You'll always be progressing with the variety and intensity of the workout.

**STUDIO INTERVALS** Try this fun, full body mixed (LIIT) interval workout using available Studio Cardio and weights/bodyweight for a complete workout. All levels can do this!

**SWEAT** High intensity cardio and body weight exercises set to rhythmic music to keep you constantly moving! Finish off with some high repetition weightlifting. Come in and sweat!

**Sweat & Sculpt** Body Sculpting with great music and energy. Join it on Zoom for a fresh fun and effective class. All levels!

**TOTAL BODY** This class utilizes your body weight and lightweight with plenty of repetitions to make you feel the burn in all areas of the body. All Fitness levels welcome.

**YIN YOGA** A slower paced, more meditative version of the popular physical and spiritual discipline of yoga. Poses are held to target the connective tissues (such as the ligaments) rather than focusing on the muscles. As a result, the postures are more passive holds, with little muscular engagement. Yin yoga is done all on the mat, with or without props, to allow your body to open and stretch gradually and safely.

