



## FITNESS CLASS DESCRIPTIONS

**Hatha Flow Yoga:** In this class, you will be led through a series of postures, linking breath with movement, resulting in a calm mind and rejuvenated body.

**Hatha Yoga:** Iyengar Inspired Hatha Yoga – A moderately paced class with a focus on alignment, balance, and creation of space to improve strength, flexibility, and endurance of body and mind.

**Gyrokenesis:** Exercise based on basic movement and stretches (circles, spirals, curves, arches) of the spine integrated with corresponding breathing patterns that helps develop a deeper connection with your body.

**Boot Camp:** Boot Camp training commences with dynamic strength and core, followed by a wide variety of interval training, including lifting weights/objects, pulling rubber, push-ups/sit-ups, plyometrics, and various types of intense explosive routines – excellent for weight loss routines and a little something for everyone!

**Aqua Fit:** This 60-minute “cushioned” workout provides resistance to tone and define your muscles while improving your cardiovascular system. If you’re looking for a full body workout that’s kind to your joints, then aqua classes are for you!

**Pilates:** This one hour class focuses on elongating your muscles through pilates based exercises. You can achieve a stronger core, leaner muscles and decreased body fat from this power-packed workout!

**Pilates Fusion:** A Pilates based workout focusing on core strength, flexibility and total body conditioning fused with a perfect mix of Gyrokenesis and body sculpting yoga exercises designed to give you the perfect blend of exercise. The benefits of adding Pilates to your current workout regime are endless!

**Spin & Strength:** Spinning is perfect both for the beginner and advanced fitness participant. You control your workout by increasing or decreasing the tension dial on your bike, making you the leader of your ride!

**Zumba:** We take the “work” out of workout. By mixing low and high intensity moves for an interval style, calorie burning dance fitness party. This workout combines cardio, muscle conditioning, balance and flexibility, and boosted energy.

**Bolly X Lit:** A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated. At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India. We embody the infectious energy, expression and movement of Bollywood and aim to expand the reach of fitness to more people worldwide.

**Body Sculpting:** Is a strength training workout that combines flexibility and cardiovascular conditioning using just one set of 5-pound (each) dumbbells. Body Sculpting is designed to shape and tone the body without building muscular size or bulk.