

## Class Descriptions

### **Tabata Hit:**

Join us for a “station style” high intensity interval training class. Worried about it being too intense for you? FEAR NOT! Plenty of variations and opportunities to rest will be provided. Ready to ramp it up? You will be taught the RPE scale to evaluate your exercise intensity. Bring water, a towel, and a smile because we have fun! 16 max participants.

### **Abs and Glutes:**

Fire up those stabilizer muscles with a fun paced ab and glutes burn. All necessary equipment is provided, but a personal mat, towel, and water is suggested. All fitness levels encouraged! Come join us!

### **Vinyasa Flow:**

This class is for strength, balance, mobility and mental health. Created to work from the myofascial lines of the body outward to balance the parasympathetic nervous system bringing peace to the mind and body.

### **Mat Pilates:**

The Mat Pilates class includes exercises that strengthen the body’s core by developing pelvic and scapula stability, and abdominal control, using focused breathing patterns. The main fitness goals of this class include improved flexibility, muscle tone, body balance, spinal support, low back health, sports performance, and body-mind awareness. Various equipment, such as a small ball, Pilates ring, bands, or small weights, is usually incorporated into the class format.

### **BARRE:**

This BARRE class is a fusion of ballet, Pilates, yoga and strength training. This class is designed for a wide range of fitness levels and age groups. Barre incorporates specific sequencing patterns and isometric movements that target specific muscle groups. This

pattern of exercise helps to improve strength, balance, flexibility and posture. The workout includes a warm-up, lower body section and a core section.

### **Body Sculpt:**

Body Sculpt is a total body workout that focuses on strength and some cardio. It is designed to work all muscle groups and is for beginners as well as advanced exercise enthusiasts. It includes a warm-up, strength, section, and some cardio. Various equipment is used during class, to include, Step, TRX, kettlebells, physio balls, dumbbells, body bars and tubing.

### **Zumba:**

Zumba is a fun-filled, energetic class that fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will low you away. The routines feature interval training sessions where fast ad slow rhythms and resistance training are combined to tone and sculpt our body while burning calories and fat. Add some Latin flavor and international zest into the mix and you've got Zumba.

Zumba takes the “work” out of a workout by mixing low-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

### **Muscle Pump:**

Muscle Pump is a high intensity & energetic total body workout set to motivating music. Using weighted bars, free weights, bands, exercise balls, etc., you will challenge all of your major muscle groups through squats, presses, lifts and curls. High repetition movements with lower weight loads will help you achieve strength and introduce lean body muscle conditioning. This class is tough, but great for all fitness levels taking it at an individual pace.

### **Latin Dace Basics:**

Latin Dance basics is a very low-impact, low-intensity class for all ages and fitness levels. This class focuses on isolating body parts and general movement of the body in a controlled manner within the warm-up. Then focuses on basic dance moves and instruction for beginner level dance. Each month we work on a different dance style such as salsa, bachata, merengue, cumbia or even country dance styles. This class is 45-55 minutes.