

# CLASS DESCRIPTIONS

## MIND BODY

### POWER YOGA

A dynamic, spirited and empowering style that uses calculated vinyasa series of postures to create an experience for all senses, physical, emotional and spiritual. Yogis will feel challenged and energized as their endurance, flexibility and mind reach new levels. AlterYoga uses specifically designed music to support the experience.

### HATHA YOGA

A class based on an ancient form of movement that promotes balance, flexibility, strength and relaxation through various postures and breathing techniques. Yoga improves circulation and can be beneficial to your internal organs. A class that not only energizes but also improves your overall sense of well being.

### IYENGAR YOGA

A highly evolved and progressive method of yoga with emphasis on precision and alignment. Use of props such as blocks, belts, and chairs for a deeper understanding of ease in achieving poses at all levels.

### MAT PILATES

The Pilates Method is an exercise system focused on improving flexibility and strength for the total body without building bulk. It is a system of controlled movements engaging your body and mind.

### PILATES FUSION

A total body workout utilizing the stability ball to challenge your core, improve posture and increase flexibility. Lengthen and strengthen all the major muscle groups as you gain balance with a strong center.

### VINYASA YOGA / OPEN LEVEL YOGA

Active, strengthening yoga which flows from posture to posture. The movements in Vinyasa are carefully sculpted to move the body in opposing directions to previous postures. Each yoga sequence has carefully balanced movements of consciousness and light. In the practice of yoga we create expressions of light. Int/Adv Level

## STRENGTH

### BARRE DYNAMIC

The ultimate Barre workout inspired by Classical Ballet, Modern Dance techniques and Classical Pilates. Perform precise movements at the barre to create a strong, streamlined, toned physique.

### TRX SMALL GROUP ( 6 Sessions )

A multi-modality interval class combining strength, cardio and core. This workout is easily modifiable to your individual goals and gives an attainable challenge for any level of fitness. A total body workout using suspension bands to use your own body as resistance.

### ALIGN AND DEFINE

An innovative mind body approach to core strengthening using resistance bands and your own body weight. Stretch all muscles for the better mobility and injury prevention. This format not performed at the bar.

### SPORTS CONDITIONING

This unique class is all about strength building and plyometric exercises while achieving a cardio element. You will use a weighted core ball for the entire class.

### HEATED STRENGTH

Build flexibility, muscle strength, and endurance- all in a HEATED environment. This class emphasizes core stability, breathing, and improves coordination and balance. Our classes will have you sweating through the smiles. All levels welcomed!

### BODY PUMP / BODY PUMP INTERVALS

The original barbell class designed to work your whole body utilizing highly motivating music. It will improve your fat burning ability and muscle definition. Body Pump Intervals includes cardio drills to improve your cardio vascular endurance.

### SCULPT

An effective total body conditioning training class using dumbbells, tubing, body bars.

### HEATED STRENGTH

Increase muscular balance, strength, flexibility and core with innovative functional training. This class blends traditional body conditioning with balance and continuous movement for a focused total body workout.

### H.I.I.T / TABATA

High Intensity Interval Training- A total body, heart pumping aerobic strength conditioning workout. Includes full body strength training with high intensity cardio bursts designed to sculpt your body and improve your cardio vascular endurance. Levels II / III. Modifications always provided.

### CROSS TRAIN CHALLENGE

Complete max training workout utilizing jump ropes, weights, body bars and more. Sports specific timed drills target every major muscle group, focused cardio drills to maximize strength, endurance, and push you to your max potential. A highly focused, intense cross training challenge.

# CLASS DESCRIPTIONS

## CARDIO

### SHED SWEAT & STRENGTHEN

This class is jammed packed with challenging cardiovascular drills, plyometrics, and muscular resistance training. A class thats easy to fallow yet challenging and will give you the athletic body you have always wanted! May utilize steps or Bosu, dumbbells and tubing.

### CARDIO DANCE

Inspire your inner-dancer and be motivated with new possibilities! Get step by step instruction and dance like a pro in this exhilarating class that offers challenging choreography to get your heart pumping and your body moving while having fun!

### DANCE RHYTHMS

Learn creative choreography that blend musicality, physicality and progression. Explore a wide range of styles, techniques and movement that are broken down over a 4 week period thus creating a dance progression.

### CADIO STRENGTH / CARDIO CHALLENGE

Sweat it out in this fat-blasting cardio class, designed to sculpt and tone your entire body. The class incorporates center floor with weights, push ups, mountain climbers, kicks, flowing yoga poses, ab sculpting series and much more. This high-intensity class followed by a calming cool finish leaves you feeling energized and strong.

### KNOCKOUT

The best of martial arts and aerobic training. This class incorporates boxing, kicks and strength moves to create the ultimate workout.

### YB BOUNCE / BOUNCE AND GUTT

YB Bounce is a high cardio, high adrenaline, low impact class. Sequences of featured dynamic jumping combinations that are designed to bring the heart rate up, calling on the resistance of the trampoline to challenge agility, stamina and balance. Bounce and Gutt also includes crunches, planks and stability exercises.

### CYCLE YB

Simulated cycling on an adjustable, stationary bicycle, incorporating imagery and heart rate training techniques done to highly motivating music. A great calorie burner. Ticket required / available at reception.

### ZUMBA®

A fusion of Latin and International music. The routines feature aerobic fitness interval training. Dance your way to a fitter you! Learn exciting Latin moves and rhythms for a total body workout.

1. The purpose of a warm up is to prevent injury. Please do not enter class if you are more than 10 minutes late.
2. All equipment (steps, weights, body pump) must be returned to its proper storage area.
3. Members may not use the stereo system. Cell phones, Ipods, I pads are not permitted in Group Fitness classes.
4. Please do not wear perfume or cologne to any class. Sneakers must be worn unless otherwise recommended by your instructor.
5. Do not enter the classroom before the current class has finished.
6. Do not do your own routine. This is discourteous and distracting to your fellow members and your instructor.
7. First time spinners should be in the Spinning Room 10 minutes prior to the start of class for orientation. \* Bring water and towel!
8. CYCLE YB CLASSES: Pre-registration tickets are required for all Spinning classes. Tickets are available at Reception. One ticket per person.
9. YB BOUNCE CLASSES: Pre-registration tickets are required for all YB BOUNCE classes. Tickets are available at Reception.
10. BODY PUMP™ CLASSES: Only BODY PUMP™ equipment is permitted when participating in this class. No dumbbells or Body Bars permitted.
11. Classes are open to all levels of fitness unless otherwise noted.