

## Strength, Cardio & Conditioning

### **Barbell Strength**

Challenge your muscles, joints and balance while building strength & muscular endurance in this class designed for all fitness levels.

### **Barre Core Sculpt**

Based on the methods of ballet barre exercises, small muscle isolation and unique angled range-of-motion exercises with multiple repetitions using light-weights, Resistance Bands, BOSUs, Gliding Discs, Body Bars and Gravity. Body shaping moves for your legs, abs, butt, hips, thighs & arms!

### **Body Blast**

This class is a total body workout, providing a variety of cardio and strength-training routines that your body needs to see results. Routines will be tailored to the class's needs from week to week, and can include step, Hi/Lo aerobics, kickboxing, and strength training using weights, barbells, resistance bands, and body weight.

### **Boot Camp**

A full body fitness boot camp incorporating traditional callisthenic and body weight exercises with cardio interval training and strength training.

### **Butts & Guts**

An amazing, energizing workout! This class uses sports drills and calisthenics for speed, agility & power. High Intensity! Butts & Guts is a Boot Camp specifically designed for your abs & glutes!

### **Cycle**

An indoor cycling class, which combines basic cycling movements along with motivational coaching from an instructor. Interval training, climbs, sprints and flat rides are offered with great music and lots of fun!

### **FUNctional Fitness**

is based on functional movements, mobility and core strength. This low impact class is built around pre-rehabilitation- Prehab is so much more fun than rehab! This class will honor your fitness goals while working smarter and more efficiently.

### **Peak Conditioning**

An all body workout includes strength, endurance, and interval training. Format changes weekly.

### **Run & Row**

Is a High Intensity Interval (HIIT) based class that utilizes any combination of treadmills, rowers, skiers, and stair-climbers and also integrates functional body weight or weighted movements. Not many classes can boast a 400+ calorie torch in an hour, but this class certainly can!

### **Silver Challenge**

A dynamic and advanced menu of strength training and sustained aerobic conditioning exercises for the experienced athletes who are ready for a more challenging Silver Fitness offering.

### **Silver Fitness**

Fitness classes designed specifically for the needs of seniors. Strength, Flexibility, Core Strength, Balance & Endurance.

### **Strength & Condition**

In this class you'll develop muscle endurance and definition as you learn the proper form and techniques using weights, bands, benches, with cardio intervals intermixed with core strength segments.

### **Strength Express**

A fast paced full body strengthening class using weights, bands, BOSUs and gravity. A great class to add to your fitness routine when time is limited and you want to get stronger.

**Strength and Sculpt** This class is designed to increase overall body strength by using resistance equipment and body weight exercises. It will also include nutrition tips and specific resistance training techniques for sculpting major muscle groups to foster a more youthful and fit appearance. Join us for some fun!!

### **Zumba!**

Zumba is a fusion of Latin & international dance themes that create a dynamic effective fitness workout. A "Feel Happy" class that is fun & easy to do! Come join us for a fantastic workout while dancing the hour away to current dance styles.

## Mind Body Wellness

### **Yamuna Body Rolling®**

This YBR® class is a self-massage class using various size and density balls. We will work to relieve stress and tension in fascia, tendons and muscles, helping to reduce injuries and enhance recovery after workouts. All ages and abilities are welcome, and no experience is necessary. Wear tight clothes and tie long hair back. This is a wonderful compliment to all activities and feels great!

### **Yin Yoga**

A very distinct style of yoga that stretches the connective tissue (rather than conditioning the muscles), while holding a deep stretch on the floor for several minutes. A nice technique to practice once per week, to balance your high intensity workouts.

### **Restorative Yoga**

A very gentle and relaxing hour of supported yoga poses on the floor. The only thing you'll have to do is find your breath and allow your body to surrender any stress or tension

### **Yoga**

Dynamic class with an emphasis on alignment, breath, strength, and flexibility. Come prepared to focus on your body, mind & spirit. This hatha yoga class offers traditional yoga poses in flowing sequences called vinyasa. This practice allows you to gain flexibility, improve posture & alignment and reduce stress.