

## STRENGTH, CARDIO & CONDITIONING

## MIND & BODY WELLNESS

### **BOOT CAMP**

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

### **CYCLE - CYCLE EXPRESS**

A stationary cycle 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!

### **BOXING DRILLS**

Learn the technical and fundamental aspects of different styles of kickboxing while also experiencing an intense core and body workout. Please provide your own wrist wraps and boxing gloves.

### **PEAK CONDITIONING**

This class is designed to increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe. We finish with core training and stretching for a complete workout. ... Core conditioning and stretching concludes this class.

### **SILVER CHALLENGE**

This 45-minute class designed for active seniors includes strength training, flexibility and balance exercises.

### **MASH UP WITH MOLLY**

Always changing strength & cardio workouts to get your blood pumping! Workouts are designed to work your whole body!

### **POWER LUNCH**

A 45-minute High Intensity strength & cardio session for an efficient full-body workout.

### **SILVER FITNESS**

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

### **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.

### **FRIDAY FREE FOR ALL**

We'll start in the cycle room but be ready for anything! This will be a combo class that will be engaging, fun & safe!

### **PILATES FUSION**

This is a challenging mat workout, based on the teachings of Joseph Pilates. We offer a mix of classical moves and an assortment of innovative fusion moves; all of which strengthen and sculpt your core, legs, buns & arms.

### **ALL LEVELS 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.

### **SLOW FLOW & STRENGTH YOGA**

Come slow down in this class where you'll hold poses longer, taking several rounds of breath in each pose, building strength for your body & soul.

### **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. This is a nice technique to practice once per week, to balance your high intensity workouts.

### **VINYASA FLOW YOGA**

A slow flow class focusing on overall strength & alignment, accessible to all levels. The final class of the month is a gentle Yin style class with live sound healing instrumentals.

### **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!

### **MIND & BODY SLOW RESTORE YOGA**

This peaceful and gentle class will have you blissed out and stretched out. February 5<sup>th</sup> & 26<sup>th</sup> Only.